

Bavarian News

Vol. 6, Nr. 4

U.S. Army Garrisons Grafenwoehr, Hohenfels, Ansbach, Schweinfurt and Garmisch

March 3, 2010

HOHENFELS PASSPORT TO PISA

Girl Scouts from Hohenfels do more than sightsee during a recent leadership conference in Italy

PAGE 16

GARMISCH LIFESAVERS

The lightning-quick response of three military policemen saves a student from a heart attack

PAGE 14

ANSBACH HELP YOURSELF

The newly renovated and relocated self-help store offers one-stop shopping for do-it-yourselfers

PAGE 16

SCHWEINFURT SCUBA SKILLS

Wounded Warriors find freedom and unwind underwater in Werneck

PAGE 18



Fasching

It's that time of year again. Don't miss the best and brightest traditions and local celebrations from Grafenwoehr to Garmisch.

See pages 3 and 13.

Tax time

Thanks to a new law, spouses of Soldiers have options when it comes to choosing their state of residency.

See page 4 for tax preparation information.

Best of the class

The grades are in at area schools.

See page 6 for a listing of your stellar students.

What you're looking for

Opinion Editorial	2
News	3-6, 21
What's Happening	10-11
Travel	13
Medical	20
Movies	26
AAFES	27

Reaching new heights



Suspended 30 meters above the ground, Spc. Sean Evanoff traverses a cliff while participating in the unique sport of klettersteig, Feb. 23. This exercise, along with paintball, high ropes climbing and skiing, is part of the Warrior Adventure Quest, designed to help Soldiers reintegrate following deployment.



Soldiers from the 172nd Infantry Brigade perfect their "klettersteig" skills in Hirschbach, Germany, during a Warrior Adventure Quest outing.

WAQ gives Soldiers an adrenaline rush

The second in a two-part series on Outdoor Recreation's Warrior Adventure Quest Program

Story and photos by
MOLLY HAYDEN
Bavarian News

HIRSCHBACH, Germany - Spc. Jeffrey Fruchtenickt shifted his weight in his chair and spoke up first. "I'll admit it, I was nervous," Fruchtenickt said. "But that's the point, right?"

"It's definitely a stress reliever and keeps you focused," added Sgt. Antwan Stratton. "I wasn't thinking of anything up there except getting to the ground safely."

This was the general consensus of 25 Soldiers from the 172nd Infantry Brigade after a recent daytrip with the Warrior Adventure Quest (WAQ). Numerous 172nd Soldiers have filtered through the WAQ program over the last two months as part of the Army's holistic approach to reset its Soldiers following a long

deployment.

Through WAQ, Soldiers are exposed to healthy, high-adrenaline activities in a safe, controlled environment, reducing high-risk behavior often associated with redeployment. Additionally, the program offers Soldiers a little fun.

Piling on the bus for a 45-minute drive to the small town of Hirschbach, Germany, Soldiers wondered what they had gotten themselves into. Few were familiar with the sport in which they were about to partake.

For some, not knowing was part of the adventure.

"We'll do anything to get the adrenaline pumping," said Sgt. William Woods.

Upon arrival, participants hiked through two kilometers of knee-high snow to the bottom of a cliff where

See WAQ, page 21

I. A.M. Strong tour hits Germany

Story and photo by
TIM HIPPS
FMWRC Public Affairs

ALEXANDRIA, Va. – Recording artist Leigh Jones is humbled to headline the I. A.M. STRONG Tour headed to 24 Army installations during the next two months.

The concert and comedy show is designed to raise awareness about the prevention of sexual assault and harassment among Soldiers and military family members.

"I love to meet these men and women face-to-face and shake their hands and look right into their eyes and just thank them for all they have done for us," said Jones, who is joined on the tour by hip-hop band Animate Objects, professional comedians and Soldier talent. "We are so, so lucky to have them in our lives, so to be able to do a small thing like this is a big deal."

The tour, which began Jan. 29 at Fort Knox, Ky., made several stops on the Eastern Seaboard, Texas and Southwest, and will play eight shows in Germany and Vicenza, Italy.

The Army G-1 presentation, produced by the Army Entertainment Division of the Family and Morale, Welfare and Recreation Command, is dedicated to eliminating sexual assault.

The I. A.M. STRONG acronym stands for intervene, act and motivate others to stop sexual harassment, assaults and sexually offensive language, innuendo and gestures that create an environment friendly to abuse. Toleration of these acts among troops has been reduced to zero, Army leaders say. Strong, quite simply, is the Army way.

The entertainment tour was designed to help

Catch the I. A.M. Strong tour
in your community soon,
see page 21 for details.

military communities realize:

When I recognize a threat to my fellow Soldiers, I will have the personal courage to intervene and prevent sexual assault. I will condemn acts of sexual harassment. I will not abide obscene gestures, language or behavior. I am a warrior and a member of a team. I will intervene.

You are my brother, my sister, my fellow Soldier. It is my duty to stand up for you, no matter the time or place. I will take action. I will do what's right. I will prevent sexual harassment and assault. I will not tolerate sexually offensive behavior. I will act.

We are American Soldiers, motivated to keep our fellow Soldiers safe. It is our mission to prevent sexual harassment and assault. We will denounce sexual misconduct. As Soldiers, we are all motivated to take action. We are strongest together.

Jones' album, "Music in my Soul," features "Free Fall," a song that delivers part of the Army's message loudly and clearly during the tale of a defiant girlfriend who stands her ground against being subjected to her boyfriend's convenience.

"We want to encourage people to be strong," Jones said. "We want to encourage the prevention of suicide and sexual harassment. We hear that's a big thing among Soldiers, which is such a shame. We just want people to stay positive."

Jones joined rappers Soulja Boy and Bow Wow at Fort Bragg's 2009 Summer Concert Series. She also performed last spring for a Warrior Transition See TOUR, page 21



Oman



Kennedy

2 Soldiers nab top honors

Staff Report

The U.S. Army Europe Chaplain's Office announced the winners of its Chaplain Assistant and Chaplain Assistant NCO of the Year for 2009. U.S. Army Garrison Grafenwoehr's Sgt. Judith Oman won Chaplain Assistant NCO of the Year, and Spc. Travis Kennedy, assigned to U.S. Army Garrison Wiesbaden, was named Chaplain Assistant of the Year.

The competition was the first of its kind for Europe and was created to celebrate the 100th Anniversary of the Army Chaplain Assistant.

Both Kennedy and Oman were nominated by their noncommissioned officers in charge and competed against every command in Europe, including U.S. Army Europe, U.S. Army V Corps, European Regional Medical Command, Signal Command, 66th Military Intelligence Brigade, Installation Management Command Europe, Joint Multinational Training Command, 21st Theater Support Command, Southern European Task Force, NATO, and other major subordinate commands.

COMMANDER'S MESSAGE



Programs make community Army Strong

Suicide prevention and behavioral health remain a top priority for us. We want to continue to emphasize that 'It's OK' to seek help.

Our medical professionals, counselors, Military Life Consultants, and chaplains continue to offer their services and reach out to those who need someone to provide guidance, or just listen. We want every Soldier in the Grafenwoehr Military Community to be aware of the behavioral health services available, and most importantly, that using these services is not going to "label" you or affect your career. These services are here to help you so please take advantage of the care they offer.

Many new related programs are also being offered or developed. These include the Suicide Risk and Resiliency Program, Comprehensive Soldier Fitness, Soldier Total Fitness and Alcohol Incident Mitigation Program/Awareness. Many of these involve integrating the physical, mental and spiritual aspects of our day-to-day lives.

These new programs are also being assessed as part of our Community of Excellence. Programs



that we see as essential to your quality of life will be evaluated and briefed to the Senior Commander, Brig. Gen. Steven Salazar, on a quarterly basis.

Other programs that are part of the Community of Excellence focus include Warrior University, developing a Dual-Diagnosis Program, Civilian Training/Workforce Development, Soldier/Civilian/Family Community Integration, Soldier Recreation Opportunities, Army Substance Abuse Program, Army Family Covenant Initiatives and Community Partnerships.

Warrior University is a new initiative that is particularly advantageous to those of you who have just returned from deployment. It provides you the opportunity to take college courses during duty hours. However, the program is not just limited to Soldiers. It's open to our entire Military

Community — Soldiers, Family members and other eligible ID card holders. These courses are in addition to normally scheduled college courses each term. We encourage you to contact the Main Post Education Center (Building 533), or the Rose Barracks Education Center (Building 223) so you can get enrolled and take advantage of this unique program.

Programs like Warrior University and Warrior Adventure Quest have been developed with the reintegrating Soldier in mind. Feedback from Warrior Adventure Quest has been fantastic, and most of you agree — it's a great way to release energy and keep your mind occupied. We feel the same way about Warrior University and we hope you will give it a try.

We will not sacrifice programs like these that support the Army Force Generation process, Army Family Covenant or health and safety. To ensure we can resource them, we are continuing to find creative efficiencies across our garrisons.

We repeat our call for everyone to do their part in saving energy, such as closing windows and turning off computers and other appliances.

This month we are also directing the turn in of IMCOM funded nontactical vehicles to reduce our overall fleet cost by 25 percent by April 1.

As a reminder, our Army Family Action Plan conference takes place March 9 and 10 at Rose Barracks in Building 134, the Multipurpose Facility. We still need powerful issues to improve our Army and delegates and volunteers to take advantage of this fantastic opportunity.

We can all submit issues through the yellow boxes located throughout the installation, or through our Web site at www.grafenwoehr.army.mil.

Please contact Ms. Simone Larson, DSN 476-2797, CIV 09662-83-2797, if you are interested in becoming a delegate or volunteer.

Our Community of Excellence is 'Army Strong!'

*Col. Chris Sorenson
Commander, U.S. Army
Garrison Grafenwoehr*

CSM CORNER



It takes a community ... to tackle energy conservation

This week, I'd like to talk about something very close to my heart — energy conservation. In the last edition of the *Bavarian News*, Werner Ohla of the garrison's Directorate of Public Works wrote an article on the ways we, as a garrison, are changing the way we do business with respect to energy consumption. A tiger team was established at DPW's Operations and Maintenance (O&M) Division to reduce site lighting levels throughout the garrison to lower lighting levels allowable within the Army standards.

In addition, you may have noticed technicians in your workplace changing light fixtures, and installing smart energy meters and motion sensors to eliminate unnecessary energy consumption.

This week, Installation Management Command Headquarters is conducting an energy awareness and conservation assessment, which is basically an audit of how our garrison stacks up with regard to energy consumption.

The team will survey several workspaces and provide recommendations for how we can conserve and use energy more efficiently.

However, similar to the African proverb that it takes a village to raise a



child, reducing our energy consumption is everyone's responsibility. And as members of the community, our individual actions can contribute to a significant reduction in the energy we use, freeing up money that can be used for

improving our community.

I could go on ad nauseam about the ways individuals can conserve energy, but no one would listen. So instead, I asked Aref Arianta, the garrison's Energy Manager within the DPW O&M Division, to give me the top three ways he recommends curbing our energy consumption.

According to Mr. Arianta, the top three ways we can make a difference, individually, include turning off and unplugging lights, appliances and computers when we're not using them; reducing our consumption of hot water whenever possible; and ensuring our windows and doors are kept shut to avoid "heating the outside" as my father used to say.

In fact, I'd like to touch on the last item of those top three briefly. Mr. Arianta and

his team routinely conduct tests around post using a thermal imaging camera to determine locations where energy could be used more efficiently. Often, he notes approximately 70 percent of the windows and doors in barracks buildings are open, essentially pouring money out the window.

It is one thing to open your window for a few minutes to increase the airflow and reduce the chance of mildew build up, it's quite another to continuously leave windows or doors open, as a practice.

In the same way that we share responsibility for the cleanliness of the buildings in our community, we also share responsibility when it comes to conserving energy.

Make a decision to be more conscious of your energy usage and habits; together, these small steps will add up to a big difference and help make our community here at Grafenwoehr a better place.

*Command Sgt. Maj.
William Berrios
CSM, U.S. Army
Garrison Grafenwoehr*



Photo by Molly Hayden

Celebrating diversity

Eighth-grade student Brittany Williams, Netzaberg Middle School, performs a monologue as Maya Angelou for a crowd of more than 100 people during the Black History Month celebration at the Netzaberg Teen Center, Feb. 25.

Through speeches, music, games and performances, military and community members gathered to commemorate African Americans who have changed the world.

This year's theme, "The History of Black Economics Empowerment," taught young and old alike the legacy of struggle, the triumph of the African diaspora and the values and strength the community gains through its diversity.

Have an idea for a story? Contact the *Bavarian News* editor at jeremy.buddemeier@eur.army.mil.

Force protection is everyone's obligation

Force protection is Installation Management Command's most important priority. People are our most precious resource and all necessary steps must be taken to protect them.

As demonstrated by recent world events, the terrorist threat shows no sign of subsiding. Today's threat environment calls for added vigilance to detect terrorist plans or criminal activity. Our fundamental goal is to instill a force protection concept in all we do. Individual situational awareness by every member of our community will have the most significant long-term impact in protecting our loved ones from harm.

Law enforcement personnel cannot be everywhere, so we need everyone's assistance. Be vigilant; acts of terrorism are always preceded by planning and surveillance. These actions are detectable if you remain aware.

No one knows your community better than you. You know what does or does



not belong in your neighborhood, in your work area, or on your drive to work. When you see something that does not look right, report it. Help keep our community safe. Should you observe suspicious activity in or around the

installation or while traveling in Germany, report it immediately to host nation or military law enforcement personnel.

*Hohenfels Military Police: DSN 466-2812, CIV 09472-83-2812

*German Authorities: 110 for police or 112 for fire or ambulance

*66th Military Intelligence Detachment, Hohenfels: DSN 466.4781 or duty phone 0162.296.3851

With the advent of the new year, U.S.

Army Garrison Hohenfels is renewing its emphasis on force protection awareness. Be on the lookout for future force protection tips and information in the *Bavarian News*, Hohenfels Hometown Happenings, news briefs, and on the command information channel.

Take the time to read them and discuss them with your family. Tips will cover a broad range of topics from operations security, home security, travel security, computer security and identity theft to name a few. Your increased vigilance combined with the knowledge on how to protect you and your loved ones will make U.S. Army Garrison Hohenfels a safer community for everyone.

*Lt. Col. Kevin Quarles
Commander, U.S. Army
Garrison Hohenfels*

Bavarian News

Grafenwoehr, Hohenfels, Ansbach, Schweinfurt, and Garmisch

Producer: **MILCOM Advertising Agency**
Roswitha Lehner

Zeilaeckerstr. 35 · 92637 Weiden · Telefax 0961-67050-32

Internet: **www.milcom.de**

Bavarian News is an unofficial biweekly publication authorized by AR 360-1. Editorial views are not necessarily those of the Department of the Army. The paper is an offset publication prepared and edited by the U.S. Army Garrison-Grafenwoehr Public Affairs Office. Bavarian News is printed by Werbeagentur und Verlag Roswitha Lehner and distributed every other Wednesday. Circulation is 9,800 copies. Submissions are welcome. Send letters to the editor and commentaries to PAO, Unit 28130, Attn: Bavarian News, APO AE 09114, or e-mail them to usagnews@graf.eur.army.mil. Telephone the Bavarian News at 475-7113 or fax to 475-7935 with story ideas and events.

USAG G Commander

Col. Chris Sorenson

USAG G Public Affairs Officer

DSN 475-8103, CIV 09641-83-8103
Kim Gillespie

Bavarian News Editor

DSN 475-7113, CIV 09641-83-7113
Jeremy S. Buddemeier

Assistant Editor

DSN 475-7775, CIV 09641-83-7775
Trecia A. Wilson

Grafenwoehr Correspondent

DSN 475-8886, CIV 09641-83-8886
Molly Hayden

Garmisch Correspondent

DSN 440-3701, CIV 08821-750-3701
John Reese

Schweinfurt Correspondents

DSN 354-1400, CIV 09721-96-1400
Emily Athens, Nathan Van Schaik

Hohenfels Correspondent

DSN 466-4917, CIV 09472-83-4917
Kristin Bradley

Ansbach Correspondent

DSN 468-1600, CIV 0981-183-791
Ronald Toland

Fasching 2010

Parade provides fun, education for students

Story and photos by
MOLLY HAYDEN
Bavarian News

Superman sauntered across the gymnasium floor at Grafenwoehr Elementary School, Feb. 16, followed by a gypsy, a princess, a pirate and Barbie, complete with pink hair. This motley crew represented Pearl Clark’s third-grade class, which was more than ready for the annual Fasching parade.

“It’s going to be a good one,” said 7-year-old Josephine Blackham. “Looking around at all the costumes, I can tell.”

Many are familiar with the idea of Mardi Gras, but the revelry associated with the period before Lent goes by an entirely different name here in Germany.

Known as “Fasching,” the tradition dates back to the 13th century, although modern German festivities were more formally organized during the last two centuries. Numerous villages and cities in Germany celebrate with food, drink, dancing, singing, floats, and of course, parades.

After studying about the tradition of Fasching in the weeks leading up to the celebration, Grafenwoehr students joined in the merry-making fun for their final lesson.

“People all over march in parades and have fun around this time of year so that’s what we’re going to do,” said fifth-grader Morrice Smith, draped in his clown ensemble, accented with a multicolored wig and matching red nose. “We learned that this celebration takes place in America and Germany. We are a lot alike.”

Principal Crystal Bailey agreed. “This event is a connection between our two countries,” said Bailey. “The kids have worked hard to prepare for this and the community came out to support their efforts.”

The Musikschule of Pressath-Grafenwoehr kicked off the parade with traditional carnival music and more than 250 pairs of feet moved to the beat. Strolling down Gettysburg Avenue, students waved at passers-by, sang songs and flaunted their elaborate costumes.

“It’s good for the children to learn about this old German tradition,” said host nation teacher Elfriede Kean. “They were so excited for this event and it’s great to see so many people here, encouraging them.”

Soldiers from the Noncommissioned Officer Academy and the military police station provided support and marched with the students. Grafenwoehr Mayor Helmuth Waechter delighted participants with his Uncle Sam



Students from Grafenwoehr Elementary School march down Gettysburg Avenue, Feb. 16, providing a colorful display for passers-by during a traditional German Fasching parade. The week prior students studied the traditions associated with the celebration.

costume and the garrison fire department flashed bright lights and guided children safely through the streets.

Additionally, Capt. Ronald Underwood, Headquarters and Headquarters Company commander, showed his support and represented the command during the parade.

“This is something fun for the kids,” said Underwood. “It shows they care a great deal about their community and learning about the traditions.”

“This is where I live now, so it’s good to learn things about where you are,” said fourth-grade student Jayden Gordon, “especially when it’s fun.”

The parade lasted nearly an hour as students marched with signs, donned masks and held on tightly to festive balloons. They waved both German and American flags proudly in the sea of colorful decorations.

After having completed his very first parade, kindergartner Cooper Hughes adjusted the bear mask covering his eyes and announced, “This is the best Fasching parade ever.”



Above: Alexandria Hurkman, first-grade student at Grafenwoehr Elementary, dons a traditional Fasching mask and carries her class sign during the annual school parade.



Right: An array of costumes, including third-grader Leilani Castillo’s outfit, “shook up” the festive atmosphere for the annual Fasching parade at Grafenwoehr Elementary School.



Col. James Blackburn (left), the 75th commander of the 2nd Stryker Cavalry Regiment, and Vilseck Mayor Hans-Martin Schertl open the Vilseck Fasching parade by throwing candy to spectators, Feb. 14. More than 20 Soldiers from the Headquarters and Headquarters Troop, Regimental Support Squadron, marched in the parade.

Dragoons strengthen bonds with Vilseck community

Story and photo by
Spc. AUDREY GLYNN
2SCR Public Affairs

Colorful costumes, loud music, fun floats and candy were abundant in the small German town of Vilseck, Feb. 14. The annual Fasching parade in Vilseck kicked off on a cold and snowy afternoon with Col. James Blackburn, the 75th commander of the 2nd Stryker Cavalry Regiment, leading the way.

Fasching, also known as the German Mardi Gras or Karneval, is a moveable feast that is related to Easter and does not occur on the same date each year. This year’s events happened to fall on Saint Valentine’s Day, which made for a day full of celebration.

“It was such a great experience to be in the parade, everyone I saw was smiling and having a good time,” Blackburn said.

A group of 20 Soldiers from the Headquarters and Headquarters Troop, Regimental Support Squadron, marched in the parade to represent 2nd Stryker Cavalry Regiment. The Soldiers made their way down the street with their squadron colors and the American

flag waving proudly at the front of the formation. The Regimental Support Squadron’s 1st Sgt. Adrian Battles handpicked each Soldier who participated.

“The Soldiers that I chose were new to the area so I wanted to get them out to experience the local culture. We threw candy to the kids and were able to fellowship with the German folk; it turned out to be a really good time.”

Battles also stressed the importance of supporting local communities whenever the opportunity arises.

“The town of Vilseck took it upon itself to invite us out, it makes for a stronger partnership when we are able to help them out and show that we are here to support them.”

As 2SCR gears up for another deployment, Blackburn believes the regiment’s relationship with surrounding communities should always remain a top priority.

“(The) 2SCR’s partnership with the town of Vilseck plays a vital role in our Soldier’s and their families lives. Making the decision to be a part of the Fasching celebration was easy because it promotes good will towards our German neighbors,” he said.

Cougars test new tracking system

Soldiers improve battlefield techniques with cameras, GPS

by **SpC. JERRY WILSON**
2SCR Public Affairs

On a cold, gray Bavarian winter morning, the Cougars from 2nd Squadron, 2nd Stryker Cavalry Regiment rolled down the road toward their objective. The convoy slowed to a halt near a three-building, walled compound suspected of harboring a high-value target.

The Troopers dismounted their vehicles and slowly made their way to the outside wall. After securing the perimeter, the team located an entry point and cleared the way with an explosive charge. The Cougars pounced on each building clearing them room by room.

This scenario was part of a two-week live-fire exercise conducted by the squadron in preparation for its upcoming deployment to Afghanistan.

While this was standard training for the Cougars, the exercise gave them the opportunity to use the newly constructed Interim Battle Area Complex System recently installed on Range 118 of the Joint Multinational Training Command's Grafenwoehr Training Area.

According to Capt. Brady Cowan, assistant operations officer for the exercise, the unit employed two separate systems to gauge its performance; a global positioning harness worn by the Soldiers called DISE, and the Interim Battle Area Complex System, or IBACS, a series of cameras all over the battlefield.

The Deployable Instrumentation Systems Europe, or DISE, is a local system that allows Soldiers



Photo by Audrey Glynn

Cougar Troopers stack up in preparation to enter a compound during a live-fire exercise at Range 118 of the Grafenwoehr Training Area.

to be tracked as they operate in the training scenario. Trainers known as observer/controllers can monitor the actions of each trooper and evaluate that Soldier's strengths and weaknesses.

"With this, the observer/controllers are able to review the tape and pick out areas they want to highlight during their after action

report."

A series of cameras located throughout the MOUT site, the IBACS system complements DISE and allows technicians to record virtually every aspect of the exercise.

"These systems allow each platoon to see how they did, both good and bad," Cowan explained,

"and build on improvements for the future."

The IBACS was just a small portion of the training being conducted by the Cougars during this exercise. Every aspect of the squadron was involved as the Cougars conducted platoon live fire, mortar calibration and Stryker gunnery exercises.

Law grants spouses residency protection

The final article in a four-part series on tips for preparing this year's taxes

by **DENVER MAKLE**
JMTC Public Affairs

When service members reside in a state because of their military duties, they are often exempt from paying state taxes there, unless that state is also the Soldier's state of permanent residence or domicile. The Civil Relief Act (SCRA) is the law that guarantees the Soldier's protection. On Nov. 11, 2009, President Obama extended those protections to the spouses of service members, and signed a new law, the Military Spouses Residency Relief Act (MSRRA).

Permanent residence and domicile are interchangeable legal terms referring to the place where a person has their permanent home, and where he or she has the intention to return.

"A person's domicile is established by physical presence in the state with the simultaneous intent of making it a permanent home," said Brad Huestis, chief of Client Services Division at the 7th Army Joint Multinational Training Command's Office of the Staff Judge Advocate (7A OSJA). "Generally, a person must reside in the new state at the time they form the intent to make it their permanent home."

Huestis said, while the MSRRA extends a valuable protection to military spouses, it does not allow a spouse to pick another state of residence just for tax purposes.

"First, the physical presence and intent tests must be met," he said. "Then, to retain a domicile spouses must share the domicile of the service member spouse."

It is not uncommon for Soldiers to keep their home of record throughout their military service, despite the frequent relocations to many duty stations. Similarly, some Soldiers do elect to change their state of legal residence to one which is different from their home of record, said Huestis. However, a Soldier must meet the physical presence and intent to remain and return tests to do so.

Under the MSRRA, the same is now true for military spouses.

For example, if a Soldier assigned to Fort Hood, Texas, marries, and the spouse lives in and establishes domicile in Texas, then both may retain Texas domicile when they later PCS to Virginia. Neither would be subject to Virginia's

state income tax, while there on military orders. Likewise, if the couple met and married in Virginia, the military Texan would be exempt from Virginia state income tax under the SCRA, but the spouse would not be able to use the MSRRA to avoid Virginia state tax because the physical presence and intent tests were not met.

"Each state has different tax regulations and filing requirements," said Tracy Cooklin, Tax Center coordinator. "Before a spouse attempts to change their state of residency for tax purposes, they should first contact the State Taxation Board for advice."

Tax centers in Ansbach, Illesheim, Bamberg, Grafenwoehr, Hohenfels, Schweinfurt and Vilseck opened Feb. 1. Information on locations and phone numbers for each is available at www.hqjmtc.army.mil/Organization/Special_Personal_Staff/Staff_SJA/Staff_SJA_TaxOffice.html.

Tax preparers will be available to assist filers with any tax questions, said Cooklin.

"Filling out a DD Form 2058, 'State of Legal Residence Certificate' by itself will not legally change a service member's state of legal residence," said Cooklin. "The form is only used by DFAS to determine state income tax withholding for military pay."

Cooklin said, military members and their spouses who establish new domicile in states without an income tax, such as Alaska, Florida, Nevada, South Dakota, Texas, Washington and Wyoming should document and be prepared to show proof of ties to their new state, and of cutting ties to their old state.

Some good examples of proof of physical presence and intent to remain include: registering to vote, voting and continuing to vote via absentee ballot, ownership of land, and maintaining a valid driver's license.

The 7A JMTC tax centers offer free Federal and State income tax preparation and e-filing. When the tax centers are not open, community members can always contact local legal assistance office with questions about establishing or maintaining state domicile.

Editor's Note: Tracy Cooklin, JMTC tax center coordinator, and Brad Huestis, chief of client services division at the JMTC Office of the Staff Judge Advocate, contributed reporting.

Tax centers

Ansbach/Katterbach

Hours: 9 a.m.-4 p.m.,
walk-in and scheduled appointments
Katterbach Kaserne, Bldg. 5817
(Law Center); DSN 467-2324;
CIV 09802-83-2324

Ansbach/Illesheim

Hours: 9 a.m.-4 p.m.,
walk-in and scheduled appointments
Stork Barracks, Bldg. 6506 (Law Center);
DSN 467-4511, CIV 09841-83-4511

Garmisch

By appointment only
via Hohenfels Tax Center
Artillery Kaserne, Bldg. 202; DSN
466-2836, 467-2324; CIV 09802-83-2324

Bamberg

Hours: M - F: 9 a.m.- 4 p.m.,
walk-in and scheduled appointments
Sat: 9-11 a.m., appointments only
(only in February)
Warner Barracks, Bldg. 7000 (Law Center),
4th Floor; DSN 469-8261/2,
CIV 09513-00-8262

Grafenwoehr

Hours: T/W/Th/F: 9 a.m.-5 p.m.,
walk-in and scheduled appointments
M: 10 a.m.-6 p.m.,
walk-in and scheduled appointments
Grafenwoehr Training Area, Bldg. 216,
2nd floor; DSN 475-9258, CIV 09641-83-9258

Hohenfels

Hours: M/W/F: 9 a.m.- 4 p.m.,
walk-in and scheduled appointments
T/Th: 10 a.m.-5 p.m.,
walk-in and scheduled appointments
1st Saturday of each month,
9 a.m.-noon, appointment only
Hohenfels Training Area, Bldg. 313
(Law Center);
DSN 466-2836, CIV 09472-83-2836

Schweinfurt

Hours: M-F: 9 a.m.-5 p.m.,
Conn Barracks, Bldg. 1 (Law Center);
DSN 353-8286, CIV 09721-96-8286

Vilseck

Hours: M/W/F: 9 a.m.-5 p.m.,
walk-in and scheduled appointments
T/Th: 9 a.m.-6 p.m.,
walk-in and scheduled appointments
Rose Barracks, Bldg. 245 (Law Center),
1st Floor; DSN 476-2714, CIV 09662-83-2714.

Spotlight on Education



Name: Terri Diaz

What grade and subject do you teach? High school geometry and precalculus.

Hometown: Ocean Shores, Wash.

How long have you been a teacher? 23 years.

What do you enjoy most about teaching?

My favorite thing about teaching is seeing students start to love books and teaching students and teachers how to use technology.

What advice can you give students to help them succeed?

Organization is the key to success!

172nd Inf. Bde., partners prep for reset

by **SpC. BETHANY L. LITTLE**
2SCR Public Affairs

After a long deployment, Soldiers, equipment and training are needed to restore the brigade to its fullest fighting capacity.

To help accomplish that mission, the 172nd Infantry Brigade held a conference at the Joint Multinational Training Command Conference building, Feb. 8-10.

"Basically, after the brigade returned from the deployment to Iraq, we have 180 days to prepare the brigade for mission readiness," said Chief Warrant Officer 4 Anthony Overway, support operation officer, 172nd Support Battalion.

Preparing the brigade includes examining every single piece of equipment to determine what needs to be fixed or what needs to be issued to ensure the brigade's combat readiness.

More than 35,000 pieces of equipment ranging from M1 tanks to laptops have to be inventoried, and then if repairs or replacements are needed, the unit can do so through the reset process. The total cost for this process is estimated at \$25 million.

To accomplish this mission, the conference asked each of the different groups involved to pull together and explain its role in the reset process and what it will do to help achieve mission readiness for the brigade. Agencies included U.S. Army Europe, Army Materiel Command, Communications-Electronics Command, Aviation & Missile Life Cycle Management Command, U.S. Army Tank-automotive and Armaments Command.

"The 172nd Infantry Brigade is the first unit in Europe to hold a synchronization conference where everyone who is involved with the reset process assembled and explained what they're going to do for the unit," said Holger M.E. Apfelbaum, Army Force Generation reset liaison officer Europe.

"Last time, not everyone knew exactly what to expect from the other agencies and groups," said Overway. "This time, things were clear and well organized so that everyone involved knows what to expect from each other and when."

2nd Quarter Honor Roll Students

Ansbach Elementary

A Honor Roll
Nicholas Abel
Monabelle Cabigon
Alexandra De Leon
Erica Harris
Ellen Hoff
Madison Lindgren
Naomi Liriano
Aryanna Taylor

A-B Honor Roll
Jessica Adams
Anthony Alicea
Santana Almendarez
Noah Amadi
Rebecca Ayala
Kayla Bailey
Kendra Beary
Samuel Bono
Ashlynn Brewster
Joshua Brooking
Sarah Brown
Edmund Byczkoski
Ian Callahan
Noemi Cerritos
Reanna Clavon
Tyra Cleveland
Brandon Coleman
Natalia Correa
Catalina Crawford
Emmalie Curry
Christopher DeBorja
CooCheeCoo DelaCruz
Graham Farrell
Brianna Ferguson
Rayann Fernandez
Raymond Fernandez
Dakota Flynn
Neffryterri Gacutno
Sarah Garcia
Chrismin Glaviano
Rubeck Gonzalez-Cruz
Loyal Greene
Nolan Hildebrand
Emily Hoff
Jason Hoyle
Angelina Johnstin
Dorian Jones
Gage Kohler
Crystal Lanns
Destiny Lemons
Jacob Lindgren
Christian Liston
Alexis Lloyd
Crystal Lopez
Eileen Majka
Brianna McCready
DeMarcus Mooney
Idris Najeeullah
Clarissa Paniagua
Tiana Proctor
Billy Robinson
Alejandro Rocha
Dai' Jonnai Smith
Madril Smith
Danielle Tigs
Kohl WrighKendra Beary
Samuel Bono
Ashlynn Brewster
Joshua Brooking
Sarah Brown
Edmund Byczkoski
Ian Callahan
Noemi Cerritos
Reanna Clavon
Tyra Cleveland
Brandon Coleman
Natalia Correa
Catalina Crawford
Emmalie Curry
Christopher DeBorja
CooCheeCoo DelaCruz
Graham Farrell
Brianna Ferguson
Rayann Fernandez
Raymond Fernandez
Dakota Flynn
Neffryterri Gacutno
Sarah Garcia
Chrismin Glaviano
Rubeck Gonzalez-Cruz
Loyal Greene
Nolan Hildebrand
Emily Hoff
Jason Hoyle
Angelina Johnstin
Dorian Jones
Gage Kohler
Crystal Lanns
Destiny Lemons
Jacob Lindgren
Christian Liston
Alexis Lloyd
Crystal Lopez
Eileen Majka
Brianna McCready
DeMarcus Mooney
Idris Najeeullah
Clarissa Paniagua
Tiana Proctor
Billy Robinson
Alejandro Rocha
Dai' Jonnai Smith
Madril Smith
Danielle Tigs
Kohl Wright

Bamberg Middle High

A Honor Roll
Mary Beth Allen
Megan Bentley
Hannah Boulware
Eliz Buchanan
Sylina Byron
Kiersten Cade
Jenna Cepe
Christine Cook
DJ Cunningham
Elif Demirican
Tawna Dickens
Adja Dieye
Marquis Doctor-Smith

Dwight Doran
Symone Elder
Hanna Fellinger
Rachel Fellinger
Patrick Fowler
Robin Forrey
Natesha Godbee
Chris Guambana
Miguel Guevara
Vincent Gutierrez
Dusti Harrison
Wyatt Hamilton
Trent Harvey
Dina Holland
Cristine Ibanez
Caleb Isom
Alexis Jennings
Brianna Johnson
Danny Kieser
Jamilah Lambert
Meggan Lambes
Caitlin Leeds
Morgan Luedtke
Justin McCarroll
Anastasia McCray
Elizabeth Millner
John Monteleone
Jessica Pinyan
Briona Plata
Korianna Purdin
Derek Robinson
Alex Ruiz
Brianna Ruiz
Nick Ruiz
Marie Salcedo
Eric Salgado
Sydney Schneider
Lauren Sink
Rochelle Streker
Erick Suarez
Jessica Sweazea
Elaine Tagaloguin
Kianna Thomas
Jazz Walker
Bleassing Wanki
Terry Williams
Rachel Williamson
Ola Wisniewska
Madeline Wojack
Charlotte Woods
Jasmine Works
Bethany Yost
Jamalin Zapater-Diaz
William Zurcher

A-B Honor Roll
Josh Aljandro
Samantha Allen
Haile Baker
Justin Barron
Caroline Bentley
Erin Bolinger
Malik Boozer
Kaliyah Brown
Ashton Buchanan
Adrian Carbajal
Franklin Cook
Anthony Cortright
Heather Crosthwaite
Forte Cunningham
Emily DelaCruz
Brian Dunkin
Erisa Egan
Trey Fayson
T'Erra Felder
David Fleming
Josh Fletcher
Jamia Garcia
Kevin Greer
Lisa Hartvikson
Aliyah Harris
Jasmine Harris
CJ Hopkins
Khiara Jackson
Chantal Johnson
Samantha Jones
Stephanie Keetor
Kevin Kieser
Andy Kin
Brian Kirk
Bre Kusko
Elizabeth Lee
William Luciani
Dillon Luedtke
Chealsy Martinez
Julia Marx
Kendric McIntyre
Enrique Mesa
DeLorean Michael
Michelle Miller
Annaliza Montevirgen
Kassandra Niola
Erik Passi
Julian Pollitt
Lisa Pullins
Stephanie Raye Nauta
Julio Rivera
Melanie Rivers
Sebastian Rodriguez
Bruce Rojas
Cody Rosenberg
Roger Schuff
Sharell Sellers
Theron Stanley
Lisa Stevens
Kaleb Stevenson
Katherine Street
Corrina Sweeney
Cynthia Tchatcho
Dominic Williams

Garmisch Elem./Middle

A Honor Roll
James Adaryukov
Julia Baines
Nicholas Baines
Zachary Baines
Connor DeVore
Mallory Jefferson
Michael Maas
Maggie Metzger
Kasia O'Connor
Madeleine Roberts

Sarah Schwartz
Rachel Taylor

A-B Honor Roll
Justin Baker
Michael Beans
Tess Chaffin
Jack Clavenna
William Farrell
Renee Gainey
Tess Laub
Alexandra McGrail
Calvin McGrail
Angelina Moten
Jennifer Polintan
Bradley Predmore
Timothy Predmore
Frances Rhodes
Astraea Roberts
Finn Roou
Nicholas Staples
Maria Steinke
Joel Warren
Isaiah Warren
Rylee Woodcock
Jacob Woodcock
William Yingling

Hohenfels Elementary

A Honor Roll
Dustin Anderson
Joey Anderson
Kevin Brazie
Kaitlyn Briscoe
Denise Culbreth
Kyle Dennis
Chloe Enslinger
Lauren Fisher
Charles Gozy
Amelia Heath
Jessica Lange
Abigail Meharg
Connor Murphy
Ellie Pirog
Derek Ray
Ian Rodman
Megan Taylor
Zachary Taylor
Ashley Toppin
Anna Warren

A-B Honor Roll
Amber Aber
Zoe Abner
Eliana Bara
Kamree Barker
Cearra Barker
Patrick Barnett
Luis Berrios
Devin Booker
Megan Borders
Sophie Bowermaster-Phelps
Brianna Brennan
Kaitlyn Brink
Sami Brown
Gregory Cannata
Jailene Chancey
Melissa Clarke
Matthew Clowser
Isaiah Davis
Michael Devin
John Robert Dunleavy
Griffin Eiser
Kayleigh Ensley
Jacob Fisher
Joshua Fisher
KenJoh Fitzgerald
Camden Frohock
Ashley Fryer
Jasmin Gaddy
Andrew Glynn
Rebecca Griscom
Quinton Harper
Brenden Hoffer
Hiromi Iglesias
Viviane Johnson
Kearstin Johnston
Delaney Keeler
Ella Kerchner
Kage Krupp
Gabrielle Lopez
Madison Lopez
Elijah Mada
Nicholas Mann
Alec McFarland
Jackson Meharg
Jordyn Miller
Andrew Miller
Justus Mittag
Gracie Moats
Jordyn Parker
Isabel Parlin
Payton Perryman
Chaz Perryman
Andrew Plough
Luke Prater
Rachael Rausch
Kaitlyn Rich
Ryan Ringlbauer
Luke Robinson
Taylor Salinas
Montgomery Schmid
Michaela Smith
Savannah Tackaberry
Alyssa Taylor
Gary Threats
Tony Turman
Angelo Walker
Virginia Warren
Christopher Welch
Jack Wells
Chantell Williams
Miya Winston
Chloe Witty
Pauline Woods

Hohenfels Middle/High

4.0
Alexzandra Borders
Emily Adams
Caroline Bourgeois
Lisa Bourgeois
Rene Bourgeois

Kaylee-Noel Brennan
Jazmine Calhoun
Codey Coon
Meagen Dunleavy
Morgen Dunleavy
Chauncey Eaddy
Gregory Eaddy
Alexandra Elliott
Natascha Fluker
Katherine Gamble
Cameron Hartfield
Lukas Heath
Amy Hoeh
Kacey Joyner
Alexander Lange
Casey Leon
Justin McBride
Victoria Nelson
Anastasia Nikolaeva
Christine Reyes
Emerlyn Rivera
Meggie Rodman
Bradley Sain
Samantha Smith
Jacqueline Stone
Jessica Walloch
Jane Weber
Stephen Welch
Matthew Wells
Vanessa Wells
Eric Wollersberger
Nina Wollersberger

3.7-3.99

Sarah Adams
Jordan Akalaonu
Leon Atkins
Julian Byles
Melissa Caples
Joshua Cooper
Amanda Elliott
Jennifer Ford
Grant Gamble
Frank Karafa
Sung Kim
Mandy LaVanway
Allison Moczynski
Sarai Orozco
Alexa Pappal
Joshua Rivera
Loraine Roberts
Shaina Ruiz
Lukas Sammler
Clinton Schwartz
Savannah Snyder
Joseph Spiszer
Kayla Starnes
Elom Teklu
Julia Thompson
Eric Van Fleet
Raul Vega
Jonathan Whitford
Ralph Williams
Tony Winters

3.4-3.69

John Aber
Jordan Ayres
Damien Babington
Alicia Berrios
Colton Booker
Jeremy Bormann
Abigale Burke
Miguel Chestnut
Bryce Cooper
Xavier Davis
Sarah DeLass
Joseph Dominguez
Joshua Elliott
Corey Ezra
Raleigh Flach
Angelyn Fryer
Ebony Gilbert
Ashleigh Glynn
Katarina Harp
Carolina Hashimoto
Emili Hashimoto
Keyera Howard
Nino Jessup
Anthony Johnson
Olivia Jorgensen
Genesis Laboy
Caitlin Leheld
Kymberly Littlejohn
Codruta Martin
Ovidiu Martin
Madelene McDonald
Justice Moore
Jonathan Ortiz
Juan Morales
Annan Morelli
Ramon Ortiz
Alexis Perryman
Ashley Porterfield
Kayla Rausch
Erin Redden
Justin Reyes
Zachary Rogers
Shaniece Ruiz
Ileara Serrano
Kristin Stribbling
Richard Velarde
Michelle Willey
Latisha Williams
Nathan Witty

Netzaberg Elementary

A-B Honor Roll
Kiana Akuna
Max Alsing
Kaitlyn Andrews
N'khari Andrews
Justin Angulo
Justin Arias
Gina Auguste
Daniel Blum-Ramos
Victoria Briskin
Chera Broadnax
Makaela Burgess
Rachel Campbell
Imani Clement
Gerardo Cordero
Celina Cooley
Alexander Crispin

Chris Crispin
Jordan Davis
Conli Doughman
Kristian Duenas
Erica Edmonds
Antonio Frazier
Karla Garcia
Christopher Gorman
Marlon Guyton
Rebecca Haney
Nadeen Hassan
Sadira Hayes
Cameron James
Christopher Johnson
Gaitlyn Key
Greyson Key
Christian King
Ruth Lasley
Sully Lauer
Brian Lewellen
Michaela Lewis
Mia Lopez
Jasmine Mcmillen
Del'von Oakman
Paul Oney
Damon Ortega
Samantha Parrish
Joshua Pedroza
Lars Peterson
Anna Rakas
Jadeen Rivera
Samantha Robertson
Kyan Royster
Travis Scharminghausen
Kayla Schubert
Arsenios Scrivens
Johnathan Silva
Jared Snell
Amber Soler
Patrick Sovine
Andrew Spagnola
Kevin Spillman
Cheyenne Steele
Chloe Stone
Alanis Vargas
Denare Whyatt
Alexandria Yarbrough

Netzaberg Middle

A Honor Roll
Gillian Becraft
Courtney Beilhart
Nicholas Baxter
Tiffany Belcher
Samantha Bidingger
Taylor Butcher
Elizabeth Butscher
Riley Campbell
Kirsten Carson
Elisa Choi
Paden Clark
Margaret Clearwater
Dante Davis
Michael Dougherty
Alexandria Finney
Jenina Flores
Carlos Franco
Rachel Gabavics
Brenda Guzman
Rebekah Haas
Jamie Haas
Keara Hamer
Darica Hayes
Kimbrea Hollingsworth
Cecilie Huettner
Monteirdre Huggins
Niejohn Ignaco
Tatjana Jarvis
Stephanie Jeffries
Benjamin Jones
Lauryn Klopff
Ingrid Langhammer-Kenan
Emily Manzo
Ayasha Mays
Ana Merel
Madysen Meyer
Faith Miller
Brandon Mitchell
Callahan Moore
Cynthia Muniz
Amira Murry
Trevor Nakata
Benjamin Nelson
Michael Nelson
Laura Octavo
Madeline Olden
Philipp Orbe
Jonathan Ortiz
Sydney Parker
Patrick Ramirez
Phillip Ramirez
William Rosalino
Alina Salgado
Jana Schmidt
Alyssa Shannon
Megan Shimkus
Marc Anthony Signorello
Komal Singh
Alexandra Soika
Asia St. John
Paola Suarez
Reyna Towns
Mahpiya Vanderbilt
Leah Vasquez
Ulani Villanueva
Emma Waldron
Glenn Williams
Jaihde Williams
Brianna Woodson
Tyreque Young
Edward Zdeb

A-B Honor Roll
Nadia Almomory
Ciara Alston
Adrienne Anderson
Shane Andrews
Shanice Arnold
Vannesa Banister
Leisser Barrera-Gutierrez
Omari Batts
Karen Bebermiss
Benjamin Blackburn

Kristian Black-Swotek
Zaria Boyd
Sydney Brunson
Julian Burnham
Nicole Burnsworth-Purcell
Sarah Cavazos
Yazmin Chavez
Hannah Chavez
Floencia Choi
Allyson Clark
Kyle Cloutier
Davenya Cole
Hannah Collins
Jose Cortez
Joseph Courchen
Tyler Craig
Hailey Davis
Hope Davis
Veronica Davis
Lilyanne Degollado
Jeremy Diamond
Daniel Diamond
Ronald Diaz
Madelyn Dinger
Matthew Duenas
Thomas Dunlap
Joshua DuWors
Samantha Elane
Amelia Engel
Riley Fees
Devin Florendo
Cecilia Fodor
Angelina Franco
Dominique Frazier
Daren Garcia
Veronica Garcia
Isaak Gauthier
George Glenny
Sophia Hager
Dakotah Hall
Sarah Hall
Cheyenne Hall
Sylvia HasleyVelez
Yazmine Hassan
Morgan Helton
Jermaine Hernandez
Rachael Hocker
Madison Hoecker
Brent Hoffman
Kayla Holland
Samuel Jones
Ivo Kellum
Gunner Key
Chanita Kirmanidou
Faith Kloth
Benjamin A Kwayisi
Madison Laliberte
Nicholas Lawrence
Michaela Lechwar
Ereck Lewis
Selena Locust
Gerald Managuit
Michael Marchese
Gabriela Martinez
Katherine Mason
Anthony Maynard
Lindsey McClaflin
Alicia McCorkle
Ariel McIntire
Denise McIntosh
Isaiah McNickles
Eric Meade
Elijah Merritt
John Michael-Lopez
Michelle Modry
Jasmine Murphy
Nakia Nelson
Robert Ogborn
Syeanna Pedroza
Yasmine Perez
Kristine Peterson
Aaron Pingo
Janin Powers
Justin Pugh
Reece Quiocho-Sumera
Rebecca Raastad
Caitlin Rabuck
Mikhael Ragay
Alexander Rakas
Adriana Ramos
Trey Reese
Andrew Reyna
Benedikt Reynolds
Kyle Roberts
Tatiana Rogers
Ismarie Rosario
Brooke Rowe
Destiny Russell
Victor Sanchez
Zackery Shomper
Azriya Smith
Eliane Sori-Gutierrez
Florian Sovine
Vivian Tanner
Deion Thomas
Dante Thomas
Dinisio Thomas
Andrew Toohey
Nolan Tucker
Marissa Uythoven
Indira Velazquez
Sydney Velez
Mikayla Vigue
Bhryen Villalon
Michael Wagner
Monique Wagner
Bryanna Walls
Shayla Washington
Marquez Way
Monica Way
Femi Whitehead
Jazneque Whyatt
Hailey Wilking
Armoney Williams
Ashley Williams
Eric Wills
Payton Wilson
James Witt
Frank Wood
Sereniti Woodford
David Wright
Tredarius Wynn
Madeleine Ziegelhofer

Schweinfurt Elementary

A Honor Roll
Patricia Cook
Amber Delgado
Taelor Duncan
Benjamin Finch
Faith Flynn
Kamylla Heinbaugh
Nicholas Kennaugh
Vanessa Lee
Scott McGee
Joslyn Medina
Sandrina Murphy
Katelyn Palmer
Celina Sliacsan
Jocelyn Smith
Josiah Spain
Nicholas Staley
Jalynn Williams
Quincy Wilson

A-B Honor Roll
Marcel Adams
Quentin Achtabowski
Leslie Alverado
Lauren Beltran
Kyrese Benjamin
Kayleigh Bradshaw
Miles Brice
Jamiyah Bryant
Shamus Burns
Gianella Carillo
Andrew Case
Brenton Chamberlain
Austin Clayton
Lauryn Colon
Abigail Davis
Jacob Davis
Isaiah DeBorja
Jessica Denetdeal
Terrance Doyle
John Ekstrom
Isabella Galeana-Vasquez
Milla George
Dominik Gross
Anakin Hendrix
Declan Hurley
Godson Ike
Rebekah Jacobs
Sarah Jacobs
Brea James
Mia Johnson-Gonzalez
Steven Kukowski
Vanessa Lake
Jabari London
Jendayi London
Jazlyn Martin
Xzavier Mashack
John McDaniel
Anthony Nimmo
Tynesha Palmer
Alex Rodriguez
Nina Romaine
Manuel Salaiz
Anja Sandrock
Jesse Sharpe
Amber Shell
Terron Sizemore
Giancarlo Solito
Olivia Stephens
Orlando Tagaloguin
Elizabeth Van Valkenburgh
Joyce Vizcarrondo
Dual Wardlow
DeAnthony Wike
Genna Williams
Savannah Young

Schweinfurt Middle

A Honor Roll
Rowen Alexander
Quan Dasalla
Samantha Gray
John Gray
Ashley Hendrix
Geoffrey Hite
Seamus Hurley
Alyssa Isom
Angelique Kenny
Jeremy Kukowski
Gabriela Mendez-Beltran
Heather Miska
Johan Rau
Morgen Shreve
Morgan Stockdill
Celene Sweeney
Alicia West

A-B Honor Roll
Heather Allen
Benjamin Adkins
Hannah Baker
Abigail Bernardino
Tymon Blow
Brenna Bryant
Justin Bulanadi
Teresa Burns
Nia Campbell
Shannon Carlsrud
Anna-Maria Ceballos
Kendra Chandler
Lindsey Cooper
Jada Daley
Gabriel Duran
Lashawn Engelman
Christopher Foster
Michelle Furkin
Wendy Gonzaga
Isabelle Guevara
Jonelle Guthrie
Cailee Hill
Anissa Holland
Vincent Houston
Cennet Huggins
Jordan Hunter
Marissa Ixtlahuac
Vannessa Jackson
Emma Jacobs
Michael Johnson-Gonzalez
Matthew Kelly
Sharon Kim
Molly Kintner
See HONOR ROLL, page 21

African-American legacy of resiliency resounds today

Story and photos by
by **KRISTIN BRADLEY**
USAG Hohenfels Public Affairs

When Soldiers and community members arrived at the U.S. Army Garrison Hohenfels Community Activities Center for the annual Black History Month Celebration, Feb. 10, they may have come prepared for a presentation based on this year's theme: Evolution Since the Revolution, The Developing Roles of African Americans in the U.S. Army.

However, guest speaker Maj. Kevin Poole, Joint Multinational Readiness Center S-1, led guests on a journey through the history of not just African Americans, but of America as a whole.

Aided by a group of Soldiers dressed in period uniforms from each major American conflict since the War of Independence, Poole spoke of the African Americans who fought for a country that for a long time did not even recognize them as citizens.

"I ask myself: Why would they put themselves in harm's way for a nation that didn't even recognize them as legitimate citizens?" said Poole. "Every time I come to a conclusion that transcends race, creed or color and is relevant even today."

Poole said he realized that the African Americans who fought and died for a country that treated them unjustly fought for the ideals embodied in America's founding documents, documents that contain phrases such as, 'life, liberty and the pursuit of happiness,' and 'We the people, in order to form a more perfect union.' These are documents that his ancestors probably could not even read and did not necessarily include them,

said Poole.

"That brings me back to, why? I sincerely believe that unbeknownst to them at that time, something inside them compelled them -- some might call it hope, some might call it faith -- to believe that infused in those very words of those masterful documents is the propensity for our nation to evolve and get better," Poole said. "Ladies and gentlemen, I stand before you today in 2010 as a prime example that my ancestors were right."

"I come from a long line of military men, and I think I can speak for them all when I tell you that we've definitely come a long way," said Poole.

One young specialist from 1st Battalion, 4th Infantry Regiment agreed that though the United States is not yet perfect, it is important to celebrate how far we have come.

"If you look back 100 years it was a different world we lived in. We still have a ways to go but it is coming along," said Spc. David Webb, Company D, 1st Battalion, 4th Infantry Regiment, who volunteered to dress in a Civil War-era uniform to represent African American Soldiers from that time period. "There is a lot of history out there and a lot of people don't know about it. The only way to educate yourself is by researching and coming to things like this."

Throughout all those years of history, Poole said African Americans have embodied an ideal that is as relevant as ever in today's military: resiliency.

Poole said every person in today's military has been through too many deployments, has attended too many memorial ceremonies. He said Americans should look to their African American ancestors for examples of the ability to bounce back and the



Above: Soldiers from Companies C and D, 1st Battalion, 4th Infantry Regiment, dressed in period uniforms to remind guests at the U.S. Army Garrison Hohenfels' annual Black History Month Celebration, Feb. 10, that African Americans have fought in every American conflict since the Revolutionary War, even though for many years they fought for a country that didn't recognize them as citizens.

Right: Maj. Kevin Poole, Joint Multinational Readiness Center S-1, addressed guests during the Black History Month Celebration, Feb. 10. Poole spoke about the history of African Americans in the United States and in the military, citing their resiliency as a legacy that is especially meaningful for today's military.



ability to make good of a bad situation.

That resiliency is a legacy to be celebrated, said Poole, and something he wanted guests to remember after they left the ceremony.

"Let us celebrate this month resiliency," said Poole. "Let us celebrate our ability as a nation of all different types of people to get better together every single day."

Gym accessibility, surviving families top community issues

Story and photo by
by **KRISTIN BRADLEY**
USAG Hohenfels Public Affairs

Volunteers from throughout U.S. Army Garrison Hohenfels serving as delegates, facilitators, recorders and transcribers, along with numerous subject matter experts, spent two days discussing the concerns of the Hohenfels community.

During the Army Family Action Plan conference, Feb. 17-19, volunteers discussed and submitted a recommendation to the garrison commander for every one of the more than 70 issues submitted by the community.

Now more than 25 years old, AFAP is an Armywide program that provides the Army community with an outlet to express concerns to its leadership, from the garrison all the way to the Department of the Army level. Throughout those 25 years major policy changes have been adopted as a result of community issues, from the creation of the Better Opportunities for Single Soldiers program, to funding for family readiness groups and the Post-9/11 GI Bill.

At Hohenfels, some issues came with quick fixes, while some issues will require more extensive planning and discussion, said Kurt Rager, AFAP coordinator.

Lt. Col. Kevin Quarles, garrison commander, told delegates at the final briefing, Feb. 19, that he and his staff will review each of the 70 issues and will post the progress of each on the garrison Web page.

According to Rager, a steering committee made up of garrison leaders and community representatives will meet throughout the next year to discuss the progress of each issue. The committee will decide which issues can feasibly be solved at the garrison level and will assign them to the appropriate garrison agency.

The committee can also decide to submit issues that need to be addressed at a higher level to the European conference. Certain issues from the European conference will then be submitted to the Department of the Army-level conference.

At the final briefing at Hohenfels, each of the three workgroups presented what it determined to be the top two to three issues of all the issues discussed, along with a recommendation for each. All delegates then voted on the top five issues of the conference.

Below are the top five issues from this year's conference along with the group's recommendation.

Overall conference issue 1
Title: Equal opportunity violation at the



AmyBeth Gomez, spokesperson for her Army Family Action Plan work group, presents her group's top two issues and recommendations during the final conference briefing. Volunteer delegates discussed and formed recommendations for more than 70 issues during the two-day conference. All the issues and recommendations will now be addressed by a garrison steering committee over the next year; some issues will be submitted to the Europe-level conference, some may even make it to the Department of the Army-level conference.

Hohenfels Post Fitness Center.

Scope: Handicap accessibility to the lower level of the Hohenfels Post Fitness Center is not currently provided, which is an equal opportunity violation. The only access to the lower level is by narrow stairways and this prohibits wheelchair accessibility.

According to the Rehabilitation Act of 1973, handicap accessibility is required to all public areas in federal buildings. The current conditions discriminate against handicapped members of the Hohenfels community depriving them of a well-rounded fitness program, resulting in a negative impact on their quality of life and an equal opportunity violation within our community.

Recommendation: Convert the lower level exit to a handicapped entrance to meet the provisions established by the Rehabilitation Act of 1973 and avert an equal opportunity violation.

Overall Conference Issue 2
Title: Status of Forces Agreement status of surviving families.
Scope: After a service member is killed in the line of duty the family members will lose their SOFA status/command sponsorship within 90 days of the service member's death. This imposes a hardship on the family due to loss of transportation, housing, ration cards and Value Added Tax exemption. Ninety days is an inadequate time period for a surviving family to make immediate decisions amidst the grieving process.
Recommendation: Amend the SOFA supplemental agreement to increase the timeline from 90 days to one year.

Overall Conference Issue 3
Title: Pediatric services.
Scope: The Army has recognized the need

for pediatric services as an integral part of all standard Army garrisons. USAG Hohenfels is currently the only garrison in Bavaria with a medical facility that does not have a pediatrician. Although USAG Hohenfels does not meet the threshold of 12,000 community members, the need for pediatric care still remains. The two-hour commute to Regensburg or Vilseck is a burden on our families and affects mission readiness. In addition, the possible language and cultural barriers while receiving pediatric care causes undue stress on our families.

Recommendation: Rotate one of the existing pediatricians within Bavaria Medical Command to the Hohenfels community, one week per month, or provide a permanent pediatrician to the Hohenfels community.

Overall Conference Issue 4
Title: Hohenfels community sponsorship.
Scope: The sponsorship program is inadequate at meeting the needs of Soldiers coming to Germany. Army Regulation 600-8-8 is in place to provide guidelines for the sponsorship program, yet is not being adhered to standard.
Sponsors are often unorganized, untrained and operating in a reactionary environment. Incoming families, Soldiers and civilians to the Hohenfels community feel frustrated, abandoned and unwelcome, leaving an overall bad impression.
Recommendation: Enforce the standing AR 600-8-8 policy where sponsorship training is mandatory for all potential sponsors in a traditional classroom environment. Commands should assign sponsor duties to selected rank-compatible Hohenfels service members who best represent the Hohenfels community in a positive light.

Overall Conference Issue 5
Title: Hohenfels community family first.
Scope: When out of rotation, continuous long working hours for Hohenfels service members limits time for family.
After daily missions are accomplished, commanders are retaining service members. The lack of family time adversely affects Soldier and family well-being by creating avoidable conflict at home.
Recommendation: Create a JMRC/ Hohenfels community policy whereas the duty day will end no later than 5 p.m., Monday through Friday, unless tasked in an official JMRC/JMTC operations order. Upon completion of the daily mission, commanders will release earlier than 5 p.m. to promote family time and Soldier readiness.

Passport to Pisa teaches Girl Scouts leadership



Photo by Alyssa Taylor

Above: As part of the “Eco or Ego” class Girl Scouts reuse old jeans to make keepsake pillows. The class was part of the Passport to Pisa program, Feb. 12-14, when Girl Scouts from throughout Europe met for leadership and skill building experiences, along with some Italian sightseeing. Right: Hohenfels Girl Scouts Delaney Keeler, Alyssa Taylor and Morgan Cardon pose for the requisite photo propping up the Tower of Pisa.



Photo by Amy Keeler

Scouts learn to go green and make eco-conscious decisions at Camp Darby

by **JOYCE COSTELLO**
USAG Livorno Public Affairs

More than 200 Girl Scouts and volunteers converged on Camp Darby, Italy, for the second annual Passport to Pisa program, Feb. 12-14, including three participants and one leader with Hohenfels Troop 860. The focus of this year’s camp was “Live Green and Make a Difference,” according to Ursula Werner, event coordinator. “We offered the girls the chance to harness the

power of movement by engaging in workshops where they would learn skills to take home to their own military installations and start community action projects that could make a significant impact on the environment,” said Werner. She said that no plastic, paper or Styrofoam cups were used during the event so the girls had to make sure they packed their own travel mug and water bottle. Catchy-named classes like “Eco or Ego Action” and “Bike and the Mechanics” taught girls to examine whether they are willing to make sacrifices to make a difference by doing their own recycling or choosing to bike instead of asking their parents to drive them somewhere. The girls also had a chance to visit Florence, Pisa and Livorno, an opportunity Delaney Keeler, a sixth-grader at Hohenfels Elementary

School, said was the most memorable part of the trip. “Being able to go to Passport to Pisa was a great experience; we got to do and see so many things and go visit many places,” said Delaney. “Though we were not only constantly doing things. We had a lot of free time, so we were able to meet other girls and hang out.” Amy Keeler, troop leader, said a troop of Italian Girl Scouts showed the Hohenfels troop around Livorno, where they sampled Italian pizza and gelato. Keeler said each of the Hohenfels Scouts, Delaney and Alyssa Taylor, along with Morgan Cardon, a former Hohenfels Scout now living in Bamberg who also went with the Hohenfels troop, chose workshops to attend based on their interests, such as photography, creative writing,

even marine biology. “We were really lucky to be able to go and do so much in such a short period of time,” said Keeler, who added that however fun, the trip was about more than just sightseeing. “The purpose of the program is to teach the girls leadership skills while giving them the opportunity to see different things and try different things,” said Keeler. “They had chances to do volunteer work; some cleaned up the beach, some led the classes. The program was very girl-led.” “I think the whole point was that we were supposed to communicate. With the troop from Pisa we were able to see what they do and share experiences with other troops,” said Delaney. “We all do different things, it was cool to meet other people and see what they do.”

New year offers more opportunities for single Soldiers

by **KRISTIN BRADLEY**
USAG Hohenfels Public Affairs

For many people, a new year often means a desire to start fresh, maybe make some changes for the better. For the U.S. Army Garrison Hohenfels Better Opportunities for Single Soldiers program, or BOSS, the beginning of 2010 also brought with it a new executive board and a new year’s worth of events. Since taking their positions in late January, the board members have already begun planning service and recreational events to benefit Soldiers and the community, according to Sgt. Charise Kelly, BOSS president. An Armywide program with chapters at each post, BOSS aims to provide single Soldiers with an outlet

to enhance their quality of life while also facilitating recreation and leisure and community service activities. “A lot of people think it is just taking trips, we do that, but it’s not our whole purpose. We’re here to do some good in the community through service projects and to make a positive change within the community for single Soldiers, geographical bachelors and single parents,” said Kelly. To do those things, BOSS relies on participation from single Soldiers, something she said she hopes to see increase. The more Soldiers participate in the program, the more the program can help Soldiers, said Kelly. “I think Soldiers see an issue and think they can’t tell anyone, but they can tell me. They can tell me and I will take it to the sergeant major

(USAG Hohenfels’ Command Sgt. Maj. Brenda Kadet) and we’ll try to get things worked out, to get things more accessible for single Soldiers,” said Kelly. Kadet said BOSS is a vital channel for communicating the needs of Soldiers to the commander. Though each unit has a designated BOSS representative who communicates Soldier concerns to BOSS and relays BOSS information to his unit’s Soldiers, all Soldiers are welcome to attend BOSS meetings to help plan both service and recreational events. During a meeting Feb. 16, Kelly and other Soldiers discussed plans for upcoming service events such as a community Easter egg hunt and promoting the I. A.M. Strong campaign at Texas Hold’em games. They also discussed ideas for upcoming trips such as skiing, paintball and spring break in Rome. Throughout the relaxed-atmosphere meeting Kelly encouraged Soldiers to share their ideas. The more input Soldiers give, the more BOSS can do, she said. “I want to get more people interested so we can have some fun and show our face in the community. This is a small community so if we get out there we can have a big impact,” said Kelly. “This is about making things a little better, making a difference in improving quality of life for single Soldiers and getting them out of the barracks,” said Pfc. Sienna Madurski, BOSS vice president. “People need

to take the initiative, they’ve got to go for it.” “If they don’t come to these meetings we can’t read the minds of single Soldiers,” said Kelly. When Soldiers do come to participate, she said, they are encouraged to discuss quality of life and morale issues and help plan events to get out of the barracks and see Europe. Madurski said in the next few months the program will be focusing on planning a community Easter egg hunt, planning trips for single Soldiers and publicizing the I. A.M. Strong campaign at events such as a concert by Leigh Jones, March 20. Soldiers are invited to attend any BOSS meeting on the first and third Tuesday of the month, 2 p.m., in the BOSS building, Building 321.

Military Saves Week asks Soldiers to take the ‘Saver Pledge’

by **MICHAEL WOOD**
U.S. Army Family and Morale, Welfare and Recreation Command

The annual Military Saves Week, Feb. 22-26, is the culmination of a yearlong Department of Defense financial readiness campaign designed to encourage service members and their families to establish positive fiscal management habits through savings and financial planning. At Hohenfels, that meant a little extra push of information during the week on the part of Army Community Service’s Financial Readiness Program and the two Hohenfels banks, Community Bank and Service Credit Union, all three of which provided community members with financial information outside the Post Exchange throughout the week. Though the Financial Readiness Program is a year-round service for the Hohenfels community, Becky Genge, acting Financial Readiness Program manager, said Military Saves Week is

an extra opportunity to educate the public about how important saving is to their financial well-being, especially in today’s economy. “The goal of the campaign is to encourage people to live within their means and how savings can allow you to do that as well as accomplish your goals,” said Genge. Military Saves is part of “America Saves,” a national campaign involving more than 1,000 nonprofit, government and corporate groups encouraging individuals and families to build personal wealth. Campaign strategies include encouraging service members and their families to take “The Saver Pledge,” a commitment to exercise good financial habits and motivate others to do the same. Savers who enroll online will receive monthly electronic newsletters and advice from an e-Wealth Coach, two things Genge said she urges people to take advantage of. “Even if you are an active saver, a newsletter like this can help provide different ideas about what you can do with that money, different ideas

about what’s out there such as Thrift Savings Plans and mutual funds,” said Genge. “It’s a buffet of financial advice to choose from.” Genge said though not as many military families in Europe are struggling with the home foreclosures that plague the United States, it is important they know how to manage their own unique financial situations. “It’s not as bad here, we don’t have the foreclosures, but for example we get COLA (Cost of Living Allowance) and many people don’t know how to save it and what to do with it. This is a good time to save it. You shouldn’t depend on it because it goes away when you return to the States,” said Genge. For service members living overseas, Genge said now may be the right time to take a closer look at their financial well-being. “A lot of military families are hurting right now in this economy so it’s only natural that the Army will put out a lot of information to try to help them. Military saves comes at a perfect time

right now,” said Genge. According to Military Saves, helping Soldiers and families achieve financial stability is a top Army priority. “Financial security directly impacts Army readiness and reduces stress for Soldiers and their families,” said Charles Lowery, acting director of Military Saves. “Soldiers need to know that their families will be prepared in case of a financial emergency while they are away on deployment,” he said. “Military Saves is a command initiative in which leadership can work to create a culture that encourages savings and financial readiness,” said Lowery. “However, changing our financial culture is a formidable task and requires everyone to take personal responsibility for adopting a ‘Military Saver’ lifestyle.” For more information about Military Saves Week and to take the Saver Pledge to receive the free financial newsletter, visit www.militarysaves.org.

What's Happening

Grafenwoehr/Vilseck Briefs

Food handler's class

There will be a food handler's certification class March 4 at 11:30 a.m. - 1 p.m. at Bldg. 222, Room 210, Rose Barracks. Classes are limited to 20 people. Reserve your seat in advance. For more, Sgt. Lockridge or Staff Sgt. Moxley at DSN 476-2041/2138.

Celebrating diversity

Know someone in the JMTC community whose diverse talents and experiences make this a great place to live, work and train?

Nominate them to be a 2010 Excellence through Diversity Representative.

Monthly selectees will share their stories and represent the command on AFN TV and radio, in the *Bavarian News* and JMTC promotional materials. For more, visit www.hqjmte.army.mil.

Vendors wanted

Artist, crafters wanted, reserve space now. Only a few tables left.

The Vilseck Community and Spouses Club is currently seeking US ID Card Holders to sell all types of handcrafted works of art at their Spring Arts and Crafts Fair, March 20, 10 a.m.-4 p.m., Multi-Purpose Center (Bldg. 134), Rose Barracks. Spaces are limited, \$20 fee to participate.

For more, mail@vcsconline.com or 0173-45-31837.

Thrift Store help wanted

Hidden Treasures Thrift Store on Rose Barracks has a manager position available. Applications are available at the Hidden Treasures Thrift Shop or online at www.vcsconline.com.

Prior retail management experience preferred. Excellent hours, Tuesday-Thursday and every 2nd Saturday of the month from 9:30 a.m.-2:30 p.m.

AER Campaign

The Army Emergency Relief (AER) program will continue to May 15.

More than \$83 million in AER assistance in 2009 was provided to more than 71,000 Soldiers and their families.

AER provides commanders a valuable asset in accomplishing their basic command responsibility for the morale and welfare of Soldiers.

All units within USAG Grafenwoehr geographic footprint are requested to provide AER representatives. The USAG Grafenwoehr Battalion S1 will host a special training session for all AER unit representatives March 8, at 9 a.m. in Grafenwoehr Bldg. 244, Room 219.

Training will last about 1.5 hours and all AER representatives should attend. For more, contact Christine Nunez, DSN 475-8432 or e-mail christine.nunez@eur.army.mil.

Estate Claims

Anyone having claims on or obligations to the estate of Sgt. Anton R. Phillips of 5th Maintenance, 18th CSSB, should contact the following summary court martial officer, 2nd Lt. Daniel Dowdy at DSN 475-9423, CIV 09641-83-9423, or e-mail daniel.r.dowdy@us.army.mil.

DFAC changes

The U.S. Army Garrison Grafenwoehr Main Post Dining Facility is the first dining facility in Europe to use the new Point Of Sales (POS) Automated Headcount System.

The POS is tentatively scheduled for all Germany garrison dining facilities in fiscal year 10. This system requires diners to use their CAC card and associated pin number to gain access and eat in the facility. Diners without a CAC are still allowed access to the DFAC (i.e. family members, retirees).

Soldiers with meal cards are still required to show their meal cards to the headcounter in accordance with Department of Army guidance. The DFAC staff asks for customers' patience during this transition as this is a new system.

Also as a temporarily request, diners with meal cards should enter at the main entrance to the DFAC (closest to Gettysburg Avenue with the construction) and all other customers are requested to enter at the new entrance facing the Physical Fitness Center.

Vegas Night

Join us March 19, from 5:30 -11 p.m., at the Tower View Conference Center, G-Bldg. 209, for the second annual Vegas Night fundraiser.

There will be a Texas Hold 'Em tournament, casino games, live music, food, silent auction and even Elvis! Ticket presales will be March 13-15 at the Grafenwoehr PX from 11 a.m. to 2 p.m.

Buy your tickets early and you'll receive more "funny money" to play with. There are limited slots for the Texas Hold 'Em tournament, so sign-up early to reserve your spot and win great prizes!

For more, go to www.gcscconline.com or e-mail gcscmembership@yahoo.com.

GCSC scholarships

The 2010-2011 Grafenwoehr Community and Spouses' Club Scholarship Drive will run through the close of business April 5.

This is a tremendous financial opportunity for eligible military family members that have a desire to pursue a

secondary education. There are two types of scholarship packages available to the Grafenwoehr/Vilseck community.

One package focuses on VHS/home schooled seniors while the other package is designed for family members such as dependents already pursuing a secondary education or spouses. Applications are available on-line at the GCSC Web site www.gcscconline.com.

For more, go to the GCSC Web site or contact George Linka, scholarship chairman, by sending an e-mail to gcscmembership@yahoo.com with "Attn: Scholarship" in the subject line.

Single Soldier retreats

The garrison chaplains are sponsoring two retreats for single Soldiers from March 12-14. Chaplain Lasley and Laurel Hoyt will lead the single women retreat in Willigen and Chaplain Stauffer and Brian Kleager will lead the men in Garmisch.

Both retreats provide free transportation, lodging, breakfasts and dinners. Participants are only required to pay lunches and any recreational activities you choose to participate in.

Contact Brian Kleager (men) at Kleager@yahoo.com or Laurel Hoyt (women) at laurel.hoyt@cadence.org.

Hohenfels Briefs

Polish pottery shopping trip

Come along to Boleslawiec, Poland, March 13, and see why it's known as one of the most popular destinations for ceramics and other handcrafted wares.

Enjoy a full day of shopping for the traditional white and navy-blue crockery. Bus will depart Hohenfels from ODR, Bldg. H15 at 3 a.m. and return to Hohenfels around 10 p.m.

Cost is \$65 per person. Seating is limited to the first 50 people. Call to reserve your seats today.

For more, call DSN 466-2060, CIV 09472-83-2060.

Unit volleyball registration

Register your team for the upcoming Unit Level Volleyball program, through March 8.

Practices will begin March 8 and will be every Monday and Wednesday from 5:30-7:30 p.m.

For more, call DSN 466-2883/2868 CIV 09472-83 2883/2868 or stop by the Post Gym, Bldg. 88, for a letter of intent.

Softball clinic

This preseason softball clinic, March 20-21, is open to all girls ages 10 to 18 to prepare for the upcoming season. Bring along a water bottle, tennis shoes, a softball glove, lunch money or a sack lunch.

Call DSN 466-2558, CIV 09472-83-2558 or stop by Bldg. 94 to sign up.

Catholic Women Bible study

The Military Council of Catholic Women will begin their new Bible study, "Full of Grace," March 4 at 9:30 a.m. in the Main Post Chapel, with mass, food, fellowship and Bible study.

Newcomers and first timers are welcome. Children are welcome at mass and the meeting.

For more, contact Natalie at greg-natalie4@aol.com.

Chapel retreats

A family retreat for 25 families will be held at the Edelweiss Lodge and Resort in Garmisch, Germany, March 5-7.

For more, call DSN 466-3473, CIV 09472-83-3473.

Technology Night

Math, Science, and Technology Night will be held at Hohenfels High School, March 4 from 4-6 p.m.

Come and experience many interesting aspects of Math, Science and Technology the community has to offer. There will be food, door prizes, hands-on demonstrations and more.

If you have a presentation to share or for more information contact Amy Keeler at amy.keeler@eu.dodea.edu.

High School Talent Show

There will be a talent show at Hohenfels High School in the Great Hall, March 5 from 7-8:30 p.m.

The talent show will feature a variety of Hohenfels High School student talent. Admission is \$5 per person or \$10 per

family. The show is sponsored by the high school freshman and sophomore classes.

The funds raised will be used by these classes to help pay for their prom and graduation expenses.

Developmental screenings

If you have a child from 3-5 years of age and have concerns about their skills in any of these five areas: speech and language, personal/social, motor, cognitive or self-help/adaptive, contact your local Child Find representative.

If your child is birth to 3 years of age call EDIS at DSN 476-3321. If your child is 3-5 years of age call the Hohenfels Elementary School at DSN 466-2829. Brochures about Child

Find may be picked up at the Hohenfels Elementary School. Child Find dates for the 2009/2010 School Year are March 17 and May 12.

Knitting Night

Knitting Night is a free event every Thursday from 4-7 p.m. at the Arts & Crafts, Bldg. 18. Bring your own supplies or buy some from us.

For more, call DSN 466-2538, CIV 09472-83-2538.

Extreme bowling

Bowl Your Brains Out with an Extreme Bowling twist every Saturday from 8-11 p.m. Bowl as many games as you want for just \$10 for adults and \$7 for children age 12 and younger.

Family bowling

Family Bowling will take place every Sunday from 3-9 p.m. Bowling is \$1.50 per game for adults and \$0.80 per game for children age 12 and younger. Shoe rental is included.

Bowl Your Brains Out

Bowl Your Brains Out at Lane 17 every Monday from 5-9 p.m. Bowl as many games as you want for just \$7 for adults and \$5 for children age 12 and younger. Shoe rental is included.

For more, call Lane 17 Bowling Center at DSN 466-4611, CIV 09472-83-4611.

Preschool, toddler story time

Children 3-5 years old are invited to the library for story time Tuesdays, 10-10:30 a.m.

For more, call DSN 466-1740, CIV 09472-83-1740.

Toddler Story Time

Children 1-3 years old are invited to the library for story time Tuesdays, 9:30-10 a.m.

For more, call DSN 466-1740, CIV 09472-83-1740.

Garmisch Briefs

FMWR Trips

Unless noted, all events meet at the Pete Burke Center. For more on any of these FMWR trips, contact the Garmisch Outdoor Recreation Alpine Experts at DSN 440-2638, CIV 08821-750-2638.

Erdinger Therme

March 20: Water is extremely therapeutic, relaxing, calming, exhilarating, and lots of good fun at the Erdinger Therme. Sign up as soon as possible. Cost is \$15 plus €23 for entrance into the Therme.

Schloss Neuschwanstein

March 21: Visit the most popular tourist attraction in Germany along with the castle town of Fussen, the Wieskirche, and Ettal Monastery. Meet at 8 a.m. Cost is \$39.

Othello

April 7: Enjoy the experience of letting William Shakespeare batter your mind with ideas with a 50-minute, non-intimidating talk on one of the greatest of the Bard's plays — the equivalent of a college lecture at any major university only without a paper due — and then watch the much-acclaimed version of the play starring Laurence Fishburne and Kenneth Branagh. Cost is \$5.

Third Reich Munich

April 9 & 11: First a video presentation and a geographical and historical orientation in the Pete Burke Center on at 7 p.m. on Friday, April 9. Then, Sunday, April 11, we catch the 8 a.m. train to Munich, recreate the Bier Hall Putsch as it happened in 1923, have lunch, and visit the site of the Munich Accords. Cost is \$35.

Pool & Gorge

April 10: Visit the Partnachklamm, one of the most beautiful natural attractions in Germany. Hear about the 1936 Olympics in Garmisch at the ski jumping stadium, and then finish the day at the Alpspitze Wellenbad, the town's largest swimming pool. Cost is \$22.

Munich music

April 13: Beethoven and Brahms symphony. Tickets prices for concerts or operas range from €5-100. FMWR always runs a bus to the performance for the cost of \$12, and available seats are reserved first-come, first served for those who want to spend an evening in Munich.

The **Performing Arts Center** with special arrangement with Dramatists Play Service, Inc. is pleased to announce their production of



*Arsenic
and
Old Lace*
by Joseph Kesserling

Come join the fun **March 4-6**

Performances start at 7 p.m. - Ticket price: \$7 Adults, \$5 under 18*

You can purchase tickets at the door half hour prior to show time!

*Anyone under age 18 wishing to attend must be accompanied by a parent/guardian for entire show.

For more information, contact the Performing Arts Center at DSN 475-6426, CIV 09641-83-6426 or email Joline.Powell@eur.army.mil



FREE SUMMER CAMP FOR MILITARY KIDS



NMFA's *Operation Purple*® camps offer a free week of fun for military kids with parents who have been, are currently, or will be deployed.

SIGN UP TO ATTEND THE CAMP IN YOUR AREA.

WHERE: Near Ansbach, Germany

WHEN: 11-17 July 2010

Visit www.operationpurple.org for registration information or additional locations and dates.

Operation Purple®
A program of the National Military Family Association

What’s Happening

Garmisch (continued)

Amsterdam
April 15-18: Always a sold-out tour! Head via sleeper train to Holland see the Anne Frank House, tulips, Rembrandts, Vermeers and Van Goghs; take a canal boat ride, enjoy movies in English, or sit at one of the many quaint cafes.
Cost is \$450 adults/\$390 children.

Brewery of the Month
April 17: Visit a monastery brewery in Weltenburg, the oldest operating brew-ery in the world.

With its modern equipment the brewery is not only a technical jewel – but, with its Jurassic spring water and an ancient brewing recipe following the Benedictine tradition – these elements, combined in a perfect production pro-cess, emphasizes the outstanding quality of this 2008 World Cup Gold medal win-ning beer. Cost is \$39.

Venice
April 23-25: View great art and archi-tecture, the pigeons in St. Mark’s Square, gondolas, good places to eat, and more. In addition, we tour Verona, the Romeo and Juliet city with the great Roman Arena and a wonderful restaurant.
Cost is \$290 plus €100-200 to cover museum entrances, food, public transpor-tation and souvenirs.

Ansbach Briefs

Oriental dance
Beginning March 3, SKIES Unlim-ited offers a class in traditional Oriental dance, also known as “belly dancing” in the West, is a path to physical fitness and great body awareness.
The ultimate dance workout allows you to discover and appreciate your in-dividual beauty. Cost for the class is \$40 for a month, for ages 11 and up. Classes are at the Von Steuben on Bismarck Kaserne every Wednesday from 5:30 -6:15 p.m.
Call Central Enrollment Registration Office at 09802-832533 or DSN 467-2533 to sign up.

Learn to DJ
Join the EDGE DJ Club March 8, 15, 22, and 29, as they spin at the Katterbach Teen Center from 5-7 p.m. There is no cost for those in grades 6-12. Space is

limited so sign up soon.
Contact Central Enrollment Registra-tion at 09802- 832533 or DSN 467-2533 in advance to sign up for EDGE.

Wall climbing classes
Does the weather make you feel like climbing the walls? Sign up for the EDGE wall climbing classes, March 8, 15, 22, and 29, at the Storck Physical Fitness Center.
Meet at the Katterbach Teen Center at 3:30 p.m. and return to the Katterbach Teen Center at 7 p.m. Classes are free for those in grades 6-12.
Call Central Enrollment Registration Office at 09802-832533 or DSN 467-2533 to sign up.

Spring Fling Bazaar
The USAG Ansbach Spring Fling Bazaar will take place on Katterbach Kaserne in Katterbach/Ansbach, March 12-14. The bazaar will be located in hangars 3 and 4 on the Katterbach Army Air Field. The opening ceremony begins at 2 p.m., Friday, March 12.
Vendors from all over will be spread throughout the two hangars offering a variety of shopping opportunities. Included in the goods being offered for sale are crafts, jewelry, gifts, oil paint-ings, antiques, Polish pottery, Belgium furniture, Italian wines, Dutch cheese, baskets and much more.
Hangar doors will open for business from 2 -7 p.m., Friday, March 12, from 10 a.m. -7 p.m., Saturday, March 13 and from 10 a.m. until 4 p.m., Sunday, March 14.

A food court will provide a large selection of refreshments. Saturday and Sunday an area for children’s activities will be open. Strollers are welcome dur-ing the event.
The USAG Ansbach Spring Fling Bazaar is open to U.S. ID card holders only and vendors will accept dollars, checks or credit cards for payment.

MWR all monthlong events
Registration for CYSS Spring Sports: baseball, softball, T-ball and bowling for ages 3-15. Fees increase after Feb. 28, so register your child at Central Enrollment today!
Java Café monthly special: Caramel Satin Coffee. Come by and taste.
Military Saves Month: Need a nest egg? Stop in your local ACS for more information on this annual awareness month!

Traffic experiment
The Schweinfurt Conn East Gate is currently undergoing an experimental traffic control plan. This plan will try to increase the amount of traffic flow during

the morning in the direction that the bulk of the cars are traveling (i.e. before PT more traffic is let on post and after P.T. more traffic is let off post).

Specifically the Pond security guard will take control of the traffic light to stay green for the desired direction until a vehicle arrives at the gate to travel in the opposite direction.
Established times:
• 5:30 a.m., - 7 a.m., Monday - Friday, traffic light will favor inbound vehicles
• 7- 7:30 a.m., Monday - Friday, traf-fic light will operate at normal intervals
• 7:30 - 8 a.m., Monday - Friday, traf-fic light will favor outbound vehicles.
After 8 a.m. the traffic light will operate at normal intervals for the rest of the duty day.
This plan is temporary and will no doubt inconvenience the few drivers who need to use the gate against the flow of traffic during the specified times, but the intent is to serve the majority of people trying to get to PT in the morning and then leave afterward.

Schweinfurt Briefs

BOSS events
The award-winning Better Opportu-nities for Single Soldiers program offers numerous programs monthly. Join them every Tuesday for a movie night at 6 p.m. or every Thursday for tournament night also at 6 p.m.
The next single Soldier dinner takes place tonight, March 3, at 6 p.m. and the next BOSS meeting will be held March 9 at 2 p.m. All single Soldiers are invited to attend each of the events, all held at the Finney Recreation Center.
For a complete list of upcoming events, call DSN 353-8476, CIV 09721-96-8476.

Dress for success
All interested teens are welcome to attend the Dress for Success workshop including a fashion show, March 9, at the Bamberg Teen Center presented to you by Child Youth and School Services.
For more, call DSN 354-6057, CIV 09721-96-6057

Women’s History Month
March is Women’s History Month and Ledward Library invites you to browse their special book section and to test your knowledge in their women’s history trivia contest.
For more, call DSN 354-1740, CIV 09721-96-1740.

Auto Skills classes
The Auto Skills Center offers funda-mental classes on various topics. Learn about disk brakes, March 4, or join the class on drum brakes March 18 each from 7 to 8 p.m. All classes are free and open to all ID cardholders. For more, call DSN 353-8224, CIV 09721-96-8224.

Write a civilian resume
For those who are job searching or updating their resume, attend Army Community Service’s class, Civilian Resume 101, March 4, from 1:30 to 4:30 p.m. This computer workshop will provide information on the three most common types of civilian resumes. Other topics discussed include how to write a cover letter and thank you letter. For more, call DSN 354-6933, CIV 09721-96-6933.

Federal resume
For U.S. ID cardholders who want to apply for a federal job or update their current resume, attend Army Community Service’s class, Federal Resume 101, March 11, from 1:30 to 4 p.m.
The participants will learn about Civilian Personnel On-Line, or CPOL, the Resume Builder, Resumix and the “Answer” System.
For more, call DSN 354-6933, CIV 09721-96-6933.

Hired!
The next term of the Hired! ap-prenticeship program begins March 15. Hired! provides 15- to 18-year-old youth with career-exploration opportunities in MWR operations.
All participants must be registered with CYSS and meet prerequisites.
For more, call DSN 354-6970, CIV 09721-96-6970.

St. Patrick’s Day
Come out to the Ledward Library for St. Patrick’s Day, March 17, from 10 a.m. to 8 p.m. Find the hidden lepre-chauns and enter the competition to win the first prize.
For more, call DSN 354-1740, CIV 09721-96-1740.

Leigh Jones in Concert
The I.A.M. STRONG Concert Tour presents country artist Leigh Jones, March 18, at the Conn Community Con-ference Center starting at 7 p.m.
The free performance is open to all ID cardholders. For more, call DSN 354-6762, CIV 09721-96-6762.

Soccer registration deadline
The unit-level soccer season is right around the corner. Register now until March 19.
All military service members are wel-come to participate. To register, contact Finney Fitness Center.
For more, call DSN 354-8234, CIV 09721-96-8234.

Softball/Baseball registration
The Child, Youth, and School Services invites kids ages three to 18 to participate in the upcoming Softball/ Baseball season.
Register now until March 26 at CYSS Central Registration on Ledward Barracks, Bldg. 224. Participants must have current CYS Services Registration and sports physical.
For more, call DSN 354-6517, CIV 09721-96-6517.

Racquetball shootout
Register now until March 15 for St. Patrick’s Day Racquetball Shootout, March 20. The event takes place at Finney Fitness Center starting at 9 a.m. and all ID cardholders ages 18 and above are welcome to participate.
For more, call DSN 353-8234, CIV 09721-96-8234.

Video games tournaments
The EDGE invites all kids grades six to eight to participate in their free Video Game Tournaments.
The tournaments are held in conjunc-tion with CYSS on every Wednesday in March at the Ledward Library from 3:30 to 5 p.m. For more, call DSN 354-1740, CIV 09721-96-1740.

G.U.T.S. Program
The Giving Understanding to Teens in Schweinfurt Program meets March 23 at Schweinfurt Middle School at 8 a.m. and invites all middle school and high school youth to attend. For more, call

DSN 354-6057, CIV 09721-96-6057.

Library Book Club
The Ledward Library invites you to the next meeting of their adult book club, March 24, beginning at 5:15 p.m. The book title is TBA. Coffee, tea, and treats will be served.
For more, call DSN 354-1740, CIV 09721-96-1740.

Treasurer training
Find out the responsibilities of being a treasurer at Army Community Service’s class “Treasurer training” at the Yellow Ribbon Room, March 25, from 11:30 a.m. to 1:30 p.m.
Learn how to run a ledger, a monthly report of funds, and more. Call DSN 354-6933, CIV 09721-96-6933.

Socialize at the Lunch Bunch
Do you want to get out of the house, make a few new friends, and learn where good restaurants are around town? The Army Community Service’s monthly Lunch Bunch is the perfect fit. Join Sch-weinfurt’s Lunch Bunch, March, 25 from 11 a.m. to 2 p.m.
Experience a little of the German culture with an English-speaking guide to help you translate the menu. Children are welcome.
Please bring euro for lunch. Sign up for the carpool or call to get directions to the restaurant at DSN 354-6933, CIV 09721-96-6933.

SCSC Spring Bazaar
The Schweinfurt Community and Spouses’ Club invites you to their 2010 Spring Bazaar, March 26-28, at the Finney Fitness Center. All ID cardhold-ers select from a broad variety of goods offered by international vendors and shop tax free.
For more, call DSN 353-8234, CIV 09721-96-8234.

Super Saturday
Register with CYSS Central Reg-istration until March 20 for the next Super Saturday, March 27. Participat-ing children must have current CYSS registration and immunizations at time of reservation.
For more, call DSN 354-6517, CIV 09721-96-6517.

Easter Market trip
The Ledward Crafts Studio offers a trip to the Easter Market at Mardorf in Hessen, March 28. Transportation is pro-vided departing the crafts studio at 8 a.m. and returning at 6 p.m. Cost is \$5.
For more, call DSN 354-6903, CIV 09721-96-6903.

EDGE! Photography

March 3, 10, 17, 24
No cost for grades 6-12

There will be a basic, intermediate, and advanced course
Meet at the Katterbach Teen Center at 1530
Will return to the Katterbach Teen Center 1815

the edge

Practicing Close Ups
Practicing Focus

Contact Central Enrollment to sign up for this EDGE! adventure

Katterbach: 09802.83 2533 | 467.2533
Storck: 09841.83 4880 | 467.4880

MWR

I.A.M. STRONG TOUR

FREE PERFORMANCES BY Leigh Jones
LIVE BAND - Animate Objects
COMEDIANS/MC'S - Jessi Campbell & Drew Thomas

USAG SCHWEINFURT • MAR 18, 7 p.m. • Conn Club/Conference Ctr
Free/Open Admission for all ID Cardholders
Questions? Call 09721-96-6225/DSN 354-6225

I.A.M. STRONG

Presented by Army G-1, SHARP Program
Produced by Army Entertainment and Family and MWR Command

MWR

Fasching



Colorful rags and purple hair come with sekt (sparkling wine).



A celebration for kids of all ages



Story and photos by
JOHN REESE
USAG Garmisch Public Affairs

It didn't have elaborate floats like Cologne, or beads thrown to revelers at Mardi Gras in New Orleans, or even a 7-year-old drum corps samba queen like Rio de Janeiro's Carnival . . . but Garmisch-Partenkirchen's Fasching Tuesday (or Shrove Tuesday) did have plenty of colorful costumes, noisy surprises and some innovative small-town delights especially for children.

Most of the year the tiny Josef's Platz near the middle of Garmisch-Partenkirchen (GAP for short) is a busy, curious sort of roundabout intersection that features an ancient stone fountain at its center. It is along a picturesque, old section of town leading to the towering dome of St. Martin's Church. Most of the year Josef's Platz is best known as the location of the local movie theater and a rotisserie "hendl" take-out affectionately called "cheap chicken" by the American community.

But Feb. 16, this section of town was transformed into a compact marketplace with food and drink stands, games and a hearty Bavarian oom-pah band. Hundreds of festive adults and children dressed in everything from colorful rags to expensive hand-carved wooden masks enjoyed the sunny afternoon street party.

Periodically a team of white-clad youth hitched together like sled dogs would plow noisily through the crowd towing a log with a large wheel attached sideways; as they pulled, the wheel rotated, creating a dizzying merry-go-round for two small children.

A handful of men wearing similar outfits and masks had wooden bells attached to their backs, and made a wonderful rhythmic clacking using short poles held behind them to bounce the bells. This was in keeping with the original concept of Fasching celebrated with Larven (hand-carved wooden masks) and noisemakers. The tradition is to make a lot of noise and drive off winter.

It would be easy for Americans to incorrectly compare Germany's Fasching to Halloween, but the only real similarity is the costumed partying. In GAP, Bavarians love a good fest to break their normally conservative, albeit warm and friendly, way of life. However, Fasching and the New Year's Eve celebration in the pedestrian zone are two times of the year the locals display a partying frenzy that must be seen to be believed. The adults had their wilder parties wrapped around the children's Fasching Tuesday, with the biggest party taking place Fat Thursday.

Above left: A popular costume for teenagers, these hippies bring peace and love to the Fasching celebration.

Bottom left: Wearing traditional "Laven" and making a racket with wooden bells, a group of men hope to drive off winter.

Top right: Muddy little lion cubs prowls the platz.

Right: A child does her best celebrity impersonation.

This Tuesday was called the Children's Olympics. The children didn't have school that day and from the size of the crowd many grown-ups took off from work early in the afternoon. Many employers gave their workers a 59-minute early departure, while stores, banks and official institutions closed around 1 p.m.

Nevertheless, the central fountain was ingeniously transformed into a sparkling wine stand, and other stands offered a variety of adult beverages. For the hungry, the main snack was a "krapfen," what most Americans would consider a filled doughnut. It isn't quite the same with fillings like egg liquor, but it's close enough.

Evening in the shadow of the Zugspitze comes very early in winter, and by 5 p.m., Fasching Tuesday was winding down. An hour later the barricades came down and Josef's Platz was once more just an odd little roundabout with a stone fountain in the middle.



3 military police officers save student's life

by Capt. KYLE GREENBERG
USAG Garmisch

Three Garmisch military policemen received awards, Feb. 19, for providing lifesaving emergency medical aid to a George C. Marshall Center student suffering from an apparent heart attack.

On the morning of Feb. 18, Staff Sgt. Jerame Stoffer, the desk sergeant responsible for coordinating MP operations at the time, dispatched three MPs to Sheridan Kaserne in response to a medical emergency.

Arriving on the scene two minutes later, Spc. Justin LaDow promptly began crowd control and later assisted the student with medical transport. Spc. Justin Bengel relieved a GCMC faculty member providing first aid to the student, whose heart had stopped beating, while Spc. Christopher Fimpel charged and applied an automated external defibrillator. After administering the shock, the victim's heartbeat resumed.

"If you have the right training and equipment, you can save a life," said Fimpel.

A civilian ambulance with an emergency medical technician team arrived on scene minutes later and assumed control of the patient's medical care. The three MPs remained to secure the scene until the ambulance departed.

Upon learning of the performance of his Soldiers, Sgt. 1st Class J. Scott Herring, Directorate of Emergency Services, recommended each of them for impact awards to recognize their laudable efforts. As a result, the Soldiers received public recognition for their accomplishments within 24 hours of the incident.

Garrison Manager Karin Santos and Headquarters and Headquarters Company 1st Sgt. Alex Thompson presented an Army Commendation Medal to Fimpel and Army Achievement Medals to LaDow and Bengel. The Soldiers were also presented with command coins by Dr. James MacDougall, deputy director of the George C. Marshall Center.



Photo by John Reese

Dr. James MacDougall, deputy director of the George C. Marshall Center, presents Spc. Christopher Fimpel, Spc. Justin Bengel (right) and Spc. Justin LaDow (not pictured) medals and command coins, Feb. 19. The three saved a student at the Marshall Center when the student apparently suffered a heart attack.

At the ceremony Santos and Thompson praised the Soldiers for exhibiting the exceptional teamwork and technical competence required to appropriately respond to critical emergencies.

"These Soldiers saved a life because they were well-trained and because their leadership

at the MP station put systems in place to make sure the entire community knew how to respond to such a crisis," said Thompson.

Perhaps the greatest praise came from retired Col. Nick Pratt, director of the GCMC's program on Terrorism and Security Studies, who said:

"As senior officials from 48 countries looked on, these Soldiers demonstrated why American service members are the envy of the world."

Editor's Note: Capt. Kyle Greenberg is the commander of Headquarters and Headquarters Company, U. S. Army Garrison Garmisch.



Bengel



Fimpel



LaDow

Professor captivates audience at ethnic observance

Story and photo by
JOHN REESE
USAG Garmisch Public Affairs

If you invited a community to hear a Canadian professor of defense economics speak about the impact of the global economy on the American middle class, added in generous samples of hush puppies, black-eyed peas and sweet potato pie, and then set it all in the German Alps, you'd get the Garmisch National African American History Month observation at the Pete Burke Center, Feb. 18.

The ethnic observance was well attended by the garrison and tenant units. It began with a welcome by Garrison Manager Karin Santos, followed by an invocation by Chaplain (Capt.) Kevin Sears and a reading of President Barack Obama's presidential proclamation by 1st Sgt. Alex Thompson. A surprise addition to the program was a moving cappella musical interlude by community member Carl Clemmons.

However, in keeping with this year's theme of "Black Economic Empowerment," the real treat of the event turned out to be keynote speaker Dr. John M. Treddenick. As an economics expert and the chairman of the Department of Outreach and Special Programs for the George C. Marshall Center, not a U.S. citizen and not black, the Canadian began by saying he was intrigued by the topic but initially reluctant to be the main speaker for African American History Month. Due to the persistence of GCMC colleague and community event volunteer and organizer Jo Mueller, Treddenick agreed to speak.

"To those of us who are not American, the most visible economic achievements of African Americans – primarily because they have touched us probably as much as they have touched you – have been in the arts, in entertainment and in professional



Dr. John Treddenick makes a presentation on economics for middle class African Americans informative and engaging during the Garmisch National African American History Month observation at the Pete Burke Center, Feb. 18.

sports," said Treddenick. "And more recently they have been very dramatically evident in the political field, especially with the election of a black president, one who was preceded by a number of very high profile and powerful black cabinet members, including

of course Condoleezza Rice and Colin Powell."

Treddenick proceeded to detail from an economist's point of view what it means to be a black member of the American middle class facing a cycle of education, income and savings. His presentation was sobering, informative and entertaining, posing challenges and offering solutions facing the African American community.

The clearest path to joining the middle class is education, said Treddenick.

"Today in America, approximately 80 percent of the black adults have graduated from high school, which is only slightly less than the percentage for white adults. However, only 13 percent are college graduates. This compares with 30 percent for whites," said Treddenick.

Using facts and statistics, Treddenick suggested employing the energy of the Civil Rights Movement in a focus on higher education for continued economic growth into the middle class by African Americans.

"And that can only be good, not only for African Americans but for America as a whole, and, given America's importance in the world, for the rest of us as well," said Treddenick.

Despite the distraction of tables heaped with chicken, ribs, catfish, collard greens and candied yams, Treddenick easily held the audience's attention, and then the volunteers who worked behind the scenes to make the observation possible were recognized before the sampling began. Latoya Jones-Sanders, a management analyst at the GCMC was the main organizer, and she credited Verlie Gibson, Mellie Rudzinski and Vanessa Uko for the food samples.

Others in the garrison also deserve credit, said Jessica Roberson of the Pete Burke Center as she filled serving trays.

"It takes a village," she said.



Garmisch residents discuss local issues headed for AFAP

Fourteen Garmisch delegates review and prioritize 49 local issues, determine actions necessary to resolve them, and assign responsibility for the actions to the appropriate garrison staff proponent for resolution at the second-ever conference of the Garmisch Army Family Action Plan.

The AFAP, a grass-roots process to identify issues of concern within the community and bring awareness to military and civilian leadership, took place over two days last week. An out-briefing to garrison stakeholders took place Feb. 26 at the Pete Burke Center on Artillery Kaserne. Addressing the delegates, Garrison Manager Karin Santos said: "Many positive changes have evolved because of the AFAP process and the continued success of AFAP is dependent upon the role you will play. Your efforts will continue AFAP's longstanding tradition of excellence, as you work to sustain and improve the lives of our most valuable resource — America's Army Family."

Photo by John Reese

Valentine's Skate Night fun for whole family

Vacant helicopter hangar makes ideal skating rink

Story and photos by
by **Sgt. ANNA K. PERRY**

12th Combat Aviation Brigade Public Affairs

KATTERBACH, Germany – Katterbach hangars have been free of helicopters in recent months, but that doesn't mean the empty space has gone to waste. Child, Youth and School Services recently converted Hangar One on Katterbach from a chopper warehouse to a skating rink for a special Valentine's Skate Night, Feb. 12.

Droves of 12th Combat Aviation Brigade community members laced up their skates and hit the floor for some wholesome family fun that included flashing colored lights and hopping tunes spun by DJ P.J. Ahearn, a Katterbach Youth Services employee.

"This is a great opportunity for families to come out and enjoy themselves and shake off those winter blahs. The hangar is close by, which makes it easy to have a good time despite the poor weather," said Mia Hunt-Wichmann, acting Youth Services director for the Middle School Teen Center.

"It's especially important for spouses with deployed husbands. Events like this allow them get out of the house, socialize with other parents and, hopefully, bring their kids home tired and ready for bed," Hunt-Wichmann added.

The raffle for three heart-shaped boxes of chocolates and three dozen roses ratcheted up the excitement for attendees. Much to everyone's



Tammy Doerer sells refreshments to skaters at a Valentine's Skate Night held in Hangar One on Katterbach, Feb. 12.

delight, Ahearn would periodically halt the music, have skaters gather around and read off a raffle number.

Many parents took advantage of the opportunity to catch up with friends and neighbors as the little ones whizzed around on their skates.

Army wife and mother Shaunte Giacoppo chatted with almost every person in the room as she passed out free candy to skaters entering the rink.

"These things make it a whole lot easier to get through deployments. This is family-oriented, it's free and it's a safe environment," she said in between greeting her many friends. Giacoppo is the wife of Staff Sgt. Michael Giacoppo, who is currently deployed to Afghanistan with the 5th General Support Aviation Battalion, 158th Aviation Regiment. The couple has two



P.J. Ahearn, a Katterbach Youth Services employee, reads off the winning raffle ticket number during the Valentine's Skate Night held at Katterbach, Feb. 12. The winner received a box of chocolates.

daughters, Jazzmine, 6, and Bianca, 4.

Movies and a bouncy castle were set up in an adjoining room for those not wishing to brave the rink. Many mingled and chatted by the refreshment table, manned by Tammy Doerer and Marta Perkins, who were selling hot dogs, candy and drinks in support of the Headquarters and Headquarters Company, 12th CAB's family

readiness group.

Doerer is the wife of Col. Robert Doerer, forward 12th CAB commander, and Perkins is the wife of Command Sgt. Maj. David Perkins, forward 12th CAB command sergeant major.

Col. Christopher Hickey, U.S. Army Garrison Ansbach commander, also dropped in to check in on the festivities.

Self-help store offers Soldiers more than just tools

Free flowers, pots and yard tools available as spring season nears

Story and photo by
by **RONALD H. TOLAND JR.**

USAG Ansbach Public Affairs

Across the street from Memorial Park in Illesheim is the newly relocated and renovated self-help issue point, which provides a more customer-friendly location for the community.

The new self-help store has been fully renovated with a fresh coat of paint, has a clearly visible external sign and more parking options.

"The store is more family and child-friendly, more centrally located, and more organized with plenty of spacious parking, so users can easily load up their vehicles," said Helmuth Treuheit, chief, Engineer Services Division on Storck Barracks.

Treuheit said the move was completed internally, which saved garrison funding.

Not only did the move save money, but Treuheit said self-help projects add to garrison savings.

"Depending on the size of the household, we estimate a savings of several hundred dollars a year," he said.

The store has it all, from energy efficient light bulbs to lawnmowers to pipe fixtures and flowers, and if an item is not on the shelves, the staff will get it. The only item the store doesn't carry is power saws because of safety reasons.

"We have 169 items for issue," said Dieter Beyschlag, a supply clerk at the store.

"We always react to what our customers need," added Treuheit.

"Right now there is a big need for snow shovels, salt and the like, as well as radiator keys — a self-help initiative, so we are trying to provide for those now. But we have two big annual initiatives: the fall and spring-clean ups," said Treuheit.

And with the spring initiative, comes an added treat for patrons.

"Seasonal flower issue," said Beyschlag. "We also have seasonal tools like lawnmowers."

"In the spring when we offer the flowers, we also offer flower



The Self Help Issue Point store (Bldg. 6555 in Illesheim) has moved and been fully renovated.

pots, hanging flower boxes and soil — all for free," said Treuheit. "Users go crazy for this — many people even come and get extra flowers for their neighbors," he added.

Beyschlag said the store offers supplies and tools, but also much more.

"We offer advice and counseling to users who may need to know more about what they need for their specific projects — like snow clearing, painting and bathroom fixtures," said Beyschlag. "This is basically just like do-it-yourself in the States," he added.

And Treuheit said anyone with an ID card (units, Soldiers, DA civilians) can use and check out the tools and equipment from the self-help store for their projects.

"Private rentals or leased housing, no matter how you rent your residence, anyone can check out tools," he said. "Plus, and even better, the (self-help) stores in Illesheim and Katterbach

The Illesheim Self-Help store is open:
Monday through Friday
7:30 a.m. -1:30 p.m.; 2- 4 p.m.; closed on weekends
DSN 467-4666, CIV 09841-83-4666

The Katterbach Self-Help store is open:
7:30 a.m. -1:15 p.m.; 1:45-4 p.m.
DSN 467-2149, CIV 09802-83-2149.

are interchangeable — meaning patrons can get tools regardless of where they live; but once they check out the items, they are responsible for them," he added.

To check out equipment, patrons need to set up an account and fill out Form 3161.

"Every commander wants a self-help store and thus the community initiatives, but it may take a while before new patrons realize one exists," said Treuheit.

"I would like to see more members of our community taking advantage of the many opportunities afforded to them through the self-help issue point stores. In particular, for newcomers these SHIP stores provide a large number of different items they could use initially upon arrival and they cost nothing," said Col. Christopher Hickey, U.S. Army Garrison Ansbach commander.

"We want to have satisfied customers," said Beyschlag, who also noted that when patrons visit, they can drop off a limited amount of recycling at the store.

"We also accept unused cleaning supplies that people leave behind when they move. That way someone else can use it before it is thrown away — this is a good service to the people," added Treuheit.

For more information about the Illesheim store and what they offer, call DSN 467-4666 and CIV 09841-83-4666.

BOSS coordinator deploys to support Operation Iraqi Freedom

Firsthand experience will help enhance Soldiers' lives downrange

by **RONALD H. TOLAND JR.**

USAG Ansbach Public Affairs

Jenny Sullivan, U.S. Army Garrison Ansbach Better Opportunities for Single Soldiers (BOSS) coordinator, will deploy this month in support of Operation Iraqi Freedom and return next fall. She will be spending the time with deployed troops coordinating entertaining events for the region.

Although Sullivan said this will be a great big red stamp on her resume, she said she is looking forward to the opportunity.

"Soldiers are my customers and this gives me the opportunity to serve them as they serve us," said Sullivan. Her supervisor agreed.

"We are here because of the Soldiers, civilians and families that serve our great nation. So, anything we can do to bring the very best to our folks downrange is of utmost importance, and what an awesome opportunity

it is to be part of enhancing people's lives downrange," said Kelly Nebel, chief, community recreation division for the garrison. Nebel said Sullivan knows firsthand the difference it makes to Soldiers.

"Jenny is an outstanding member of our community recreation division team and has played a vital role here in the development and expansion of numerous BOSS programs, facilities and special events within our community, and will now take her talent downrange for the next six months," said Nebel.

"Although we will miss her presence and energy here in Ansbach in the short term, we understand the importance of serving our military community wherever the mission takes us - and Jenny has stepped up to the plate and volunteered to expand her efforts in this regard," Nebel said. "Jenny will bring best practices with her while increasing her professional development."

Jenny Sullivan rocks out on the drums with her "bandmates," while playing "Rock Band" recently. Sullivan, BOSS and special events coordinator, will spend six months with deployed troops coordinating entertainment events for the region.



Photo by Jim Hughes

Wounded warriors find joy scuba diving



Courtesy photo
Spc. Jake Altman, left, a wounded warrior in transition of Charlie Company, Warrior Transition Battalion-Europe, scuba dives with an instructor during the battalion’s first Discovery Dive excursion in Werneck, Germany, Feb. 7.

by **EMILY ATHENS**
USAG Schweinfurt Public Affairs

A group of wounded Soldiers from Charlie Company, Warrior Transition Battalion-Europe, based in Schweinfurt, took a trip to an indoor swimming pool in Werneck, Germany, Feb. 7, where they stripped off their uniforms, kicked off their boots, and hit the water for a scuba diving adventure. “I have a love for scuba diving ... a passion for it and I started thinking it would be a great activity for warriors in transition, but didn’t know how to go about it. I then heard about a program being done at Walter Reed called ‘SUDS,’ meaning Soldiers Undertaking Disabled Scuba,” said Staff Sgt. Stephen Gagne, of WTB-E cadre and organizer of the event. Gagne spoke with individuals in the stateside SUDS program and gathered

ideas about organizing the event, what made it successful, and how he could make it happen here for his Soldiers. “Once I saw that it was already established at major hospitals, I knew it was something that we could take off with,” he said. So after months of planning, equipped with a supportive medical community and granted funds, Gagne dove right in and make his idea a reality. A reality called Discovery Dive. “We brought everyone into the pool and had instructors with two Soldiers at a time. To use the words from Larry Hammonds of the SUDS program, ‘water is the great equalizer,’” Gagne said. “There are a lot of things that you can do in the water, that some wounded may not be able to do on land. You have more freedom and movement in the water.” Gagne also said 15 Soldiers of C Co,

WTB-E out of the 18 in Schweinfurt participated, and all exited the pool already looking forward to their next Discovery Dive. “It was empowering,” said Staff Sgt. Michael Reed, a member of the cadre, who was once a wounded warrior in transition, having been shot in the hips during Operation Iraqi Freedom 06-08. “I can’t run anymore. Even though I used to hate running, you miss it when it’s gone. So this is one more thing where I can say, ‘hey, I can do this.’” Spc. Jake Altman, a fellow injured Soldier from OIF 06-08, who lost his right arm to an improvised explosive device, also expressed the joy he found in scuba diving. “It was seriously the greatest thing that I’ve ever done. I now have a new hobby; it’s great therapy,” Altman said. According to Gagne, this type of exercise is not only physically beneficial

because it promotes mobility and rehabilitation, but also psychologically therapeutic because it allows wounded men and women to realize the strengths and abilities they still possess. “It’s something positive to do with our time. And it really brings us together with a common thing,” Reed said. “It’s a rush; it was a lot of fun.” Altman agreed that the day’s activities brought wounded warriors together. “We could look at each other and say, ‘hey, what happened to you,’ and talk about it and say, ‘hey, (stuff) happens,’” he said laughing, holding up his right arm prosthesis. All jokes aside, both Soldiers became sincere in expressing their true appreciation for their newfound hobby. “It just shows that regardless of my injuries, nothing can stop me from doing what I want to do,” Altman said.

Spouses’ club aims to give back to community

Story and photo by **EMILY ATHENS**
USAG Schweinfurt Public Affairs

The Schweinfurt Community Spouses’ Club is a private organization with one goal in mind: to give back. “We’ve already given \$20,000 to agencies and organizations throughout Schweinfurt in the form of scholarships and grants, and, of course, we plan to give more,” said Stephanie Baker, SCSC president. Baker explained that for scholarships, candidates must fill out an application and for grants, a simple one-page form is necessary to highlight what the organization is, who the point of contact is, and how funds are going to be used. The necessary paperwork can be found on the SCSC Web site www.schweinfurtspousesclub.com. “We’re here to provide assistance. If private organizations or individuals need someone to help financially, we are that help,” Baker said, explaining that once a request for financial aid is submitted, the SCSC board will vote and decide on what it can provide. “It’s very rewarding for us to give back. It’s a way for us to provide for the community and say, ‘you’ve done a good job and deserve this,’” Baker said. In addition to giving back, SCSC also provides fun for the entire community. Monthly events bring members together for luncheons, dinners and more specific activities such as spa days. “I’m involved because it’s an organization that’s all about spouses. There’s no rank, no affiliations. You just come and meet people throughout the entire community,” said Kim Pereira, SCSC event coordinator. Aside from enjoying monthly activities and being



Schweinfurt Community and Spouses’ Club board members introduce themselves to the new members of the club. Since the start of their season in August 2009, members have enjoyed monthly activities and given back to the community. Positions are now open for new board members and volunteers are always welcome.

a part of an organization that gives back, volunteer opportunities are also available. “We have open board positions, including vice president, secretary, welfare/scholarship chair, hospitality and newsletter. Anybody can fill the positions, as long as they have an ID card,” Baker said. Baker and Pereira stress the importance of filling the positions, explaining that it is volunteers who provide momentum for the club. “People don’t know just how affected they are

by SCSC. Whether it’s the schools, your FRG, Boy Scouts, D.A.R.E program ... we have a hand in all of it. We’re here to fill in the gaps; we’re here to help,” Baker said. To volunteer or learn more about the community spouses’ club, e-mail scscmail@gmail.com. “I really enjoy what the spouses’ club does. We have fun and it’s just nice to know that when we volunteer, we’re giving right back to the community,” Pereira said.

Garrison honors its workforce

The U.S. Army Garrison Schweinfurt command team, local German leadership, and other members of the military community attended a Length of Service Awards Ceremony at the Conn Community Conference Center, Feb. 19, to recognize U.S. and local national employees who have diligently worked for the USAG Schweinfurt community for 25 years or more. The guests received a Department of Defense certificate from Lt. Col. Everett Spain, garrison commander, and a certificate from the state of Bavaria presented by Lord Mayor Gudrun Grieser.

40 years
Helmut Goebel
Hubert Guggenbichler
Terence Wright

35 years
Ernest Akridge
Arthur Allen
Norbert Hohnl
David Luellwitz

30 years
Henry Bielski
John Bowers
Helmut Buc
Thomas Calenzo
Horst Cimander
Heinz-Guenther Dietrich
Sharan Dockery
Josef Goessmann
Turhai Hasan
Wilfried Hemrich
Rudolf Henkel
Franz Hering
Michael Huntley
Helmut Kaiser
Karl-Heinz Kickuth
Winfried Kippes
Klaus Leibert
Alfonso Moore
Klemens Sammeth
Franz Stockmann
Burgunde Wolf
Manfred Ziegler

25 years
Emilio Andujaramirez
Petra Drake Buehling
Mike Ford
Hans Glaeser
Corinna Gower
Karl Hagenauer
Margarete Herterich
Lawrence Jackson
Karl Karres
Paul Keller
Claudia Landauer
Gertrud Mathis
Billy May
Klemens Metzger
Albrecht Noeth
David Null
Harald Reznik
Gilbert Rivera
Victor Roman
Egon Rudloff
Gregor Schiesser
Heike Schmidt
Gerd Schomburg
Peter Seufert
Rainer Stumpf
Raimund Weinknecht
Herbert Zahl
Eduard Zehe

Editor’s Note: The Schweinfurt Directorate of Human Resources Administration Office provided this list of names, which were current as of Feb. 19. Individuals listed were present at the Length of Service Awards Ceremony.

Have an idea for a story?

Call the

Schweinfurt Public

Affairs Office at

DSN 354-1400,

CIV 09721-96-1400.

AFAP transforms ideas into reality

by **EVA BERGMANN and
EMILY ATHENS**
USAG Schweinfurt Public Affairs

The 2010 Schweinfurt local-level Army Family Action Plan, or AFAP, conference marked yet another successful year of collaborative efforts to improve the Army way of life. Held at the Conn Community Conference Club, Feb. 8-10, a total of 79 issues were addressed by the three work groups, focusing on areas of family and entitlements; consumer and housing; and force support and medical and dental care.

“Everyone brings in their unique experiences. You each bring something different to the table, but today you sit united ... to ensure Schweinfurt community issues are heard,” said Jane White, AFAP program manager, to the room full of volunteers, agency directors and commanders.

According to White, these delegates, ranging from family members to Soldiers of all ranks, served a vital role in the productivity and momentum of the conference.

After three days of hard work, each group chose two key issues to present to the command team, who will then prioritize the issues for possible submission to the command-level AFAP conference held in Heidelberg later this year.

Key subjects included cleanliness of government housing areas, exclusions to military spouse preference for employment, commissary hours, wait times at on-post gas pumps, post-deployment medical screenings, and unsafe traffic areas during school operating hours. The three groups, who branded themselves as the President’s Cabinet, the Power of Eight, and the Power Rangers, suggested solutions for each issue in hopes to make a positive change.

“It’s important to take responsibility for our actions and sometimes even the actions of others,” said garrison Command Sgt. Maj. Ernest Lee.

“We need to start taking care of each other, especially when we don’t have to, because that’s when we become a family. What I see in AFAP is



Photo by Emily Athens

Lt. Col. Everett Spain, left, U.S. Army Garrison Schweinfurt commander, cheers as a diverse, yet united group of Schweinfurt Soldiers, family members and civilians cut the Army Family Action Plan cake, marking the end of the three-day, local conference.

people who truly know how to incorporate love into action,” added Lt. Col. Spain, U.S. Army Garrison Schweinfurt commander.

Overall, the issues discussed were put into the beginning stages of transforming ideas into reality and according to White, subjects not brought up at the concluding outbrief will still be addressed by the command team.

“It’s important we turn our ideas and issues into progressiveness and move forward with it,” she said.

In the end, the participants expressed their feelings of accomplishment and their appreciation for the environment of teamwork and friendship, while leaving their week’s worth of hard work with one challenge.

“Tell your friends. ... and make sure your voice is heard no matter what,” Spain said.

Sky Soldiers host joint competition



Photo by Sgt. 1st Class Matthew Chlosta

FORWARD OPERATING BASE ALTIMUR, Afghanistan — Pvt. Justin Gornto, of Anvil Troop, 1st Squadron, 91st Cavalry Regiment (Airborne), based out of Schweinfurt, participates in a joint competition dubbed “Operation Common Goal” with Afghan National Army soldiers and Afghan National police officers from Logar and Wardak provinces, Feb. 13.

Hosted by the 173rd Airborne Brigade “Sky Soldiers,” the half-day contest highlighted different tasks commonly used in daily joint ANA, ANP and U.S. patrols. “Three U.S. platoons each has a squad of ANA working together,” said Spc. Bryan Dubois, with Bravo Troop, 1st Squadron, 91st Cavalry Regiment (Airborne), from Schweinfurt. “They have great leaders. Our goal is to have them go out on their own, with us in only a supporting role.”

The seven events consisted of memory and recall tests, a physical training event, weapon disassembly and reassembly, evaluation of a casualty, casualty carry, an all-terrain vehicle push and the firing range.

Program eases cycle of deployments for Soldiers, families

by **EMILY ATHENS**
USAG Schweinfurt Public Affairs

Army life can be challenging and as the mission continues, Soldiers and family members may begin to feel the stresses of repeated deployments. The Army has recognized the sacrifice of its Soldiers and families and is committed to supporting them through the increase of programs and services.

One of the many programs available is Army Community Service’s Mobilization and Deployment Readiness Program, implemented to “train Soldiers, families, commanders and family readiness groups throughout the deployment cycle,” said Angelita Streets, Mobilization and Deployment specialist at ACS. “The various training offered is designed to educate and build resiliency amongst the Army family as well as strengthen and build unity within the individual unit.”

Streets, a newcomer to Schweinfurt, brings years of experience as a Mobilization and Deployment Program manager, and said there is no greater service than to serve Soldiers and their families.

“I’m a child of a 30-year veteran, and a military spouse of a 23-year active duty, now retired Soldier. So I have a passion for Soldiers and families having been on both sides of the spectrum. It is my privilege to serve Soldiers and families who selflessly give of themselves every single day,” she said.

According to Streets, the Mobilization and Deployment Readiness Program supports Soldiers and family members as they cope with the many phases of deployments and addresses the challenges associated with the emotional cycles that may come with multiple deployments.

“We want to maximize our support, increase the numbers of people we can

reach, identify their needs and meet them head on,” Streets said.

Readiness training is available monthly at ACS. Family readiness groups and units are further encouraged to invite ACS staff to their meetings so everyone in the community understands and knows the resources available to them when it comes to a deployment, Streets explained.

Deployment-related training can include how to be ready for an upcoming deployment, how to support the children of deployed Soldiers, preparing for the possibility of a casualty through Care Team Training, and how to best reunite and reintegrate with a Soldier returning home. According to Streets, building and maintaining a strong FRG is critical to Soldier and family readiness.

“As far as mobilization and deployment goes, it’s a really great program because they are giving support and direction for families as well as Soldiers, especially during a time of deployment,” said Kim Messer, family readiness support technician for the 44th Expeditionary Signal Battalion. “In a sense, it puts family members a bit more at ease knowing they’re taken care of if their spouse goes downrange.”

Beyond the mobilization and deployment readiness program, ACS further offers a wide range of programs and services that benefit and sustain the total Army family.

“Collectively, all the programs work together to educate and support the needs of Soldiers and families,” Streets said. “It’s a one-stop resource for just about anything anyone may need.”

For more information on trainings, classes and workshops available at ACS, call CIV 09721-96-6933 or visit the ACS Web site at www.schweinfurt.army.mil/sites/ACS.



Visit www.teamschweinfurt.com
for up-to-date news, events and much more.

SCHWEINFURT

Holistic healing offers alternatives to pills

Natural methods now medical options

Story and photo by
LINDSEY BRADFORD

Army News Service

BAGHDAD — Since the Army introduced the Comprehensive Soldier Fitness program in October 2009, there has been much focus on a holistic approach to physical, emotional, social, spiritual and family well-being. But what is holistic healing exactly?

According to Lt. Col. Erica Clarkson, a United States Forces-Iraq physical therapist, holistic healing is an approach that uses natural methods to improve health, without using drugs or surgery to correct problems.

Clarkson has been practicing holistic healing for 17 years, and has continued to treat service members in Iraq at the Courage Clinic, located in the Al Faw Palace on Camp Victory.

Some of Clarkson's holistic modalities include acupuncture, manual therapy, relaxation techniques and prescribed exercises specific to each patient's physical ailment.

"There are no significant adverse side effects like there are with using drugs to treat problems," she said. "Different medicines have been linked to ulcers and other gastrointestinal irritations, and even death."

For Lt. Col. Chad Sundem and Maj. Dorothy de Leon, the holistic healing approach has proved very beneficial in recovering from injuries they sustained.

Sundem, the aide-de-camp for I



Lt. Col. Erica Clarkson, U.S. Forces-Iraq physical therapist, adjusts needles on Staff Sgt. Jennifer Ciglar, USF-I staff judge advocate, during an acupuncture treatment at Camp Victory's Courage Clinic. Clarkson has been practicing holistic healing for 17 years.

Corps commander Lt. Gen. Charles H. Jacoby Jr., was suffering from calf strains, a pinched nerve and arm numbness when he began seeing Clarkson. He received weekly acupuncture treatments for the problems.

The treatment has been tremendous in helping his condition, he said.

"I didn't have to resort to any other methods of treatment. Acupuncture healed the problems quickly. In my case, it brought semi-instant pain relief and a more rapid recovery overall," he said.

De Leon was suffering from plantar fasciitis in her left foot and tendonitis in her right elbow before

seeking acupuncture treatments with Clarkson. Although the USF-I Red Team officer had to use anti-inflammatory medication in addition to the acupuncture, she also performed prescribed stretching exercises.

"Before this deployment, I'd always wanted to try acupuncture for other pains, but never had the

opportunity. I'm completely sold on the treatment," de Leon said.

Ice, rest and massage have also contributed to de Leon's successful treatment, all of which she did on her own time.

For those who are not able to receive the acupuncture portion of holistic healing, Clarkson recommends doing Internet research for things that can be done during someone's down time.

"You will get the most benefit from this when you do the prescribed exercises on your own time, which is much preferred," Clarkson said. "The Internet is a great resource. Without acupuncture, you can still research and find your acupressure points."

Each point is linked to a different part of the body, Clarkson said. For example, acupressure points in the right hand are linked to the left foot. By applying pressure to acupressure points in the body, pain can sometimes be relieved.

The holistic approach to treatment is also offered at stateside military hospitals, and has become a growing skill set.

"You can't give a pill for everything. You have to get to the root of the problem," said Clarkson.

Clarkson said the new holistic approach the Army has taken is a step in the right direction and is gaining popularity throughout the service.

"It has taken the Army a long time to get to this point," she added. "(The Army) is opening up and seeing the benefits. It's really a great thing."

Editor's Note: Sgt. Lindsey Bradford writes for United States Forces Iraq Public Affairs.

COMMENTARY

Healthy life balance includes the ‘S’ word

by **Chaplain (Lt. Col.) SCOTT WEICHL**

U.S. Army Public Health Command, Provisional

With the recent influx of various programs, stand-downs and mandatory trainings emphasizing total health, are you as confused as I am? All these concepts and approaches are well and good, but so what? How can another program benefit me, you might be wondering?

Let's look at what this means to all of us interested in being healthier and stronger persons.

To be totally healthy means striking a balance in our personal lives. The balance is between three major areas: mental, physical and spiritual. The first and second areas, I understand. A heightened mental awareness of stressors, challenges, worry and other feelings tells me to seek help when life seems overwhelming. Physically when the scale indicates I have eaten one too many donuts, my Class As are snug and sit-ups are not quite to standard, then more physical activity is necessary. Got it.

The third area in this trio, spiritual, is difficult to describe, yet most of us have a sense of its importance to maintaining overall health. Trying to define spiritual is like trying to nail Jell-O to a tree. Spiritual means something different to everyone, and the nice thing about it is each definition is correct!

While mental and physical fitness can often be quantitatively analyzed, spiritual health has a much more qualitative aspect, as it should. Something as personal and unique to our very essence cannot be mandated or structured into a "one size fits all" form. Not only is America founded on this understanding of the free

exercise of religion, but individually each person is unique and at a different stage of his or her journey on earth.

Studies indicate that a spiritual connection tends to contribute to more resilient lives. Resilience is the ability to grow and thrive in the face of challenges and bounce back from adversity in a more healthy way. Who wouldn't want that?

So why is this spiritual thing so hard to develop and strengthen?

I believe one reason is a misunderstanding. History, culture and just plain individualism tend to make many defensive when the spiritual word is mentioned. "Nobody is going to tell me what to believe," is a common response to the "S" word. Here again, this is a correct response. Nobody is telling anyone what to believe, rather providing opportunity for growth in an area of life that makes one healthier.

OK, so what is spiritual?

Spiritual pertains to the connection of the human spirit and transcendence. Each person has a spirit that is the essence of existence. This is what energizes, enlivens, gives purpose and makes us the unique individuals we are. Transcendence is the feeling in our gut that there is something bigger than us, a meaning we cannot fully grasp or understand. These two concepts seem to be common throughout the world, indeed, throughout history. Reflect for a moment; you most probably agree this is a truth deep within.

Understanding this relatively simple definition, we can then begin to develop our personal spiritual dimension by seeking that which speaks to our uniqueness while recognizing that there is something "bigger" than us to help determine meaning and purpose for our lives. For some this is traditional religion;

others find a contemplative practice more meaningful; yet others may experience this transcendence in some other form of expression, commitment or activity. Human beings have been seekers since the beginning of time, and we also are part of this quest. Use the learning resources being made available at your post enabling you to also be a seeker.

The important thing to remember is this: to become healthier, a balance is necessary between the mental, physical and spiritual realms of our lives.

Having a tough time? Feel like you are out of focus or life has no meaning? You are probably already striving to live healthy mentally and physically. So try living out the "S" word. Get back in balance.

These resources may be helpful:

U.S. Army Center for Health Promotion and Preventive Medicine Web site, Religion and Spirituality link, <http://chppm-www.apgea.army.mil/dhpw>

Hooah 4 Health, Spiritual Fitness, www.hooah4health.com/spirit/default.htm

G. Anandarajah and E. Hight. (2001). "Spirituality and the Practice of Medicine." American Family Physician, 63(1), 81-88

Or see your military chaplain for direction and assistance.

Editor's Note: Chaplain (Lt. Col.) Scott Weichl is a behavioral health program manager for the U.S. Army Public Health Command, Provisional, which was formerly the U.S. Army Center for Health Promotion and Preventive Medicine.



Protecting oneself from STDs is basically ‘condom sense’

by **Col. MICHAEL CUSTER**

U.S. Army Public Health Command, Provisional

Soldiers exist in a world of challenge and danger. We are fighting global terror throughout the world. In combat, Soldiers wear body armor, applying a barrier between their bodies and a bullet or explosive fragment, significantly improving their chances of survival if they get hit.

In a world of full of dangerous sexual diseases and unintended pregnancies, that same concept of applying a barrier can be used to improve our chances of staying fit and healthy. Think of the male condom as body armor against sexually transmitted infections, or STIs.

The idea of using a barrier to prevent sexual disease or pregnancy has been around for a while. Some historians claim that the ancient Egyptians and Romans used a linen sheath to protect themselves from disease.

Serious condom use in Western Europe probably began during the great syphilis epidemic that started in the 1490s. At that time

condoms were still made of linen, but as time went on people discovered that they could produce a condom using animal intestines. This type of condom lives on today as the so-called "natural membrane" condom made from the intestinal lining of lambs. These are ineffective at preventing disease and not recommended for use by health care providers.

It was the discovery of the rubber vulcanization process around 1840 by Goodyear (who later started the tire company) that brought us the modern condom. The vulcanization process gives rubber its springy and stretching characteristics, important attributes in a condom.

Research shows that when latex condoms are

consistently and correctly used they are 98 percent effective in preventing pregnancy and are one of the only methods for sexually active people to protect themselves against STIs including

HIV. One study in the *New England Journal of Medicine* looked

at 124 couples with one partner HIV-infected and the other uninfected who consistently and correctly used condoms. After 20 months, the infected partners transmitted no HIV to the uninfected partners.

The Centers for Disease Control and Prevention says that latex condoms for males can reduce the risk of transmission for gonorrhea

and chlamydia as well as tichomoniasis, and will also reduce the risk of transmission for herpes, syphilis, chancroid and HPV when the condom covers the infected area.

Condoms provide barrier protection to Soldiers and family members from STIs and pregnancy in the same way body armor protects Soldiers from battle injury. Remember though, abstinence is your best protection against STIs and unintended pregnancies. However, if you are sexually active, use a latex condom to protect your partner and yourself from STIs and unintended pregnancies.

Good 'condom sense' makes common sense. For more information about the effectiveness of condoms and their proper use, visit the CDC, www.cdc.gov/condomeffectiveness/brief.html, and Class Brain, www.classbrain.com/artteensb/publish/article_123.shtml.

Editor's Note: The U.S. Army Public Health Command, Provisional, was formerly the U.S. Army Center for Health Promotion and Preventive Medicine.



Tour packs punch, reinforces Army values

Continued from page 1

Unit and Better Opportunities for Single Soldiers group at Fort Belvoir.

“People were complaining because they didn’t want to go, so we told them that they had to show up,” said Sgt. 1st Class Walter Henry III, a WTU platoon sergeant whose troops were treated to a miniconcert and meet and greet at Fort Belvoir. “But when she finished singing, everybody rushed the table to get their photos and autographs and stuff. I was looking at them and saying, ‘Oh, you guys didn’t want to come, but now I can’t make you leave.’

“When they got here, the Soldiers were trying to hide their excitement. I was looking at them and they wanted to wipe it off their face like they weren’t really enjoying, and I said: ‘I don’t even want to hear it.’”

Staff Sgt. Chris Logas of Los Angeles told Jones that her “Cold in L.A.,” – a song about the phoniness naïve newcomers discover when they venture into the big city – classically described their hometown.

“We appreciate her taking the time to come out and entertain the Soldiers,” Logas said. “It’s good to know that people who are famous are taking the time out to come spend some time with us. She seems genuinely honored. It’s great that she actually involved the crowd and was as personable with everybody as she was.”

Now Jones can’t wait to do it again.

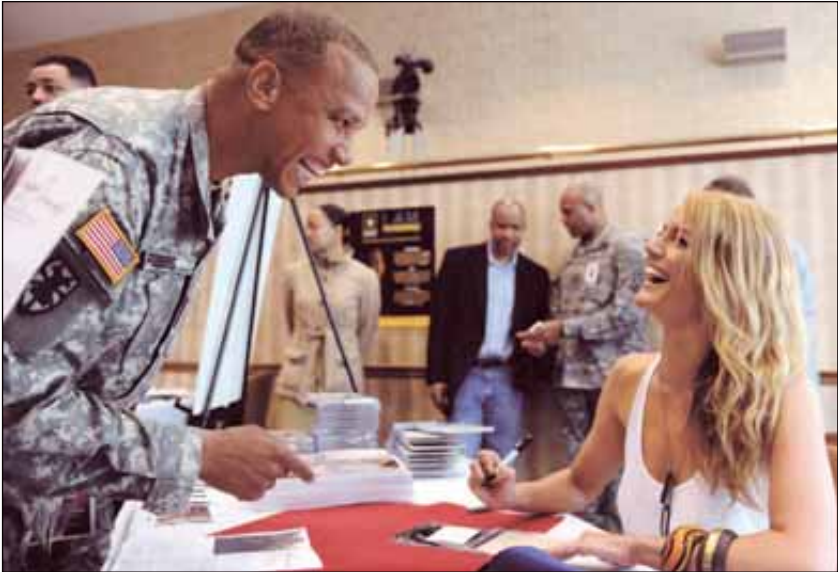
“We went to Fort Bragg last summer and did a couple of songs and that was awesome,” she said. “I sang the national anthem and a couple of songs of my own, along with a tribute to Michael Jackson. I’ve just been looking forward to getting this thing up and off the ground.”

Jones said her grandfather played the trumpet for troops and her parents sang on USO tours for Soldiers stationed overseas.

“Just being able to go on any kind of a tour is absolutely incredible,” she said. “It is just more than rewarding for me to be able to give something back to these men and women who are giving so much of their lives for us. It’s such a humbling experience. There is no other place that I’d rather be singing. It just touches my heart and is so rewarding.”

Jones will perform for Soldiers at community recreation centers or designated facilities, followed by meet-and-greet autograph signing/photo sessions with all attendees. She also will visit dining facilities to have lunch, interact and sign autographs until the last Soldier leaves.

“Beyond the entertainment, I love just hanging,” Jones said. “I love to get a feel for their personalities and just hang out, have a good time, and let them know that we’re real people and



Recording artist Leigh Jones shares an autograph and a laugh with a Soldier during an Army Family and Morale, Welfare and Recreation-backed meet and greet at Fort Belvoir, Va. Jones said she is humbled to headline the Army’s I. A.M. Strong Tour and raise awareness about the prevention of sexual assault and harassment.

we go through ups and downs just like they do. You’ve just got to be positive through it all.

“They are away from their families, and when we’re on the road, we get lonely. But we really have no idea what they go through. I have this song called “Cold in L.A.,” and some of the Soldiers were from California. It

was really good to just get a feel for the actual human being behind this huge force.”

“I’m just grateful, thankful, and I’m humble to be a part of such a huge movement with this I. A.M. STRONG Tour,” Jones concluded. “This is going to touch a lot of peoples’ lives and I’m so blessed to be a part of it.”

I. A.M. Strong Tour dates
Ansbach, March 17
Main event begins at Storck Barracks movie theatre at 7 p.m. Doors open at 6:30 p.m. For more, e-mail ans-mwr@eur.army.mil.

Schweinfurt, March 18
Meet and greet and lunch with Leigh Jones, noon-1 p.m., at Ledward DFAC (open to everyone).
WTU/BOSS event, 1:30-3 p.m., at Finney Recreation Center; open to invitees only.
Main event at Conn Club/Conference Center, 7-9 p.m. Doors open at 6 p.m. For more, contact Garland Travis, DSN 355-8370, CIV 0162-296-2776.

Grafenwoehr, March 19
Meet and greet, 11:30 a.m.-12:30 p.m., Grafenwoehr Dining Facility, Bldg. 101; 1-2 p.m., PX.
Main event at Grafenwoehr Performing Arts Center, 8 p.m. Doors open at 7 p.m.

Hohenfels, March 20
Meet and greet, 11:30-noon, at the Warrior Cafe (open to everyone).
Special meet and greet for the Warrior Transition Unit, 1:30-3 p.m., at the Java Cafe (open to invitees only).
Main event at The Zone, 7-9 p.m.
Editor’s Note: The main event at each venue includes a performance by Leigh Jones, live band Animate Objects and comedians Jessi Campbell and Drew Thomas.

WAQ activities help re-establish Soldiers’ state of normalcy

Continued from page 1

the real adventure began.

Each Soldier, armed with safety gear galore, including a harness, safety tethers, gloves and a helmet began to traverse a series of cables in an exercise called klettersteig.

The klettersteig cable system dates back to the 19th century where it was used to move infantry Soldiers across mountains during times of war. Now it’s being used to move Soldiers’ minds away from war.

As Soldiers negotiated their way across 50-60 meter cables, 30 meters or more above ground, using a static belay system, they cheered each other on and used teamwork to successfully complete the course.

“Klettersteig is a unique sport,” said Recreation Specialist Luis Robledo, Rose Barracks’ Outdoor Recreation. “It presents an individual challenge, but at the same time we’re all using the same cable, we are all completing the task together as a team. WAQ is about unit cohesion and positivity. We all work together out here.”

WAQ was introduced to the Grafenwoehr community more than a year ago and has had continued success. The program aids with many issues associated with redeployment.

During a long deployment, an adrenaline rush can become a

normal part of a Soldier’s everyday life. Upon returning home, Soldiers seek ways to quell this desire for heart-pumping, high-risk action.

Outdoor Recreation provides WAQ adventures five days a week, and although the elements change slightly day-to-day, the goal is always the same.

“It’s about the rush,” said Robledo.

After completing the course, Soldiers participated in a leader-led after action debriefing (L-LAAD), which gives them a chance to talk about the event and their feelings associated with this new adrenaline rush.

“I didn’t really think this program would work,” said Sgt. 1st Class David Hoage. “But after experiencing what we all just went through, I have changed my mind.”

“You can see that the Soldiers are going through an adjustment period and the issues they are experiencing exist,” said Recreation Specialist Michael Misenheimer, Rose Barracks’ Outdoor Recreation. He said many Soldiers know they experience odd behavior upon returning from deployment, but may not always know why.

“The program allows them to talk openly, to see others are experiencing the same things during this adjustment period,”

explained Misenheimer.

Soldiers spoke candidly about what they had just experienced during the debriefing, from fears they faced to emotions that arose during the exercise. The excitement of continuing high-adrenaline adventures and participating in the numerous programs Outdoor Recreation offers was also expressed.

“This breaks up the monotony that many of us got used to,” said Spc. Shawn Ridley. “It’s something fun to do and it builds confidence.”

Focusing on the positive, Soldiers expressed gratitude for their battle buddies, on and off the course.

“No matter what situation we are in, it’s good to know that you’re not alone,” said Ridley. “It’s a great team-building exercise.”

Spc. Michael Sullivan agreed.

“Even on top of that cliff we were all looking for the guy next to us, that feeling doesn’t go away when we come home,” said Sullivan. “Whether we are in Iraq or Grafenwoehr, we have each other’s back.”

Editor’s Note: Information gathered from two separate 172nd Infantry Brigade Warrior Adventure Quest klettersteig excursions recently.

2nd Quarter Honor Roll Students

Continued from page 6

Schweinfurt Middle

A-B Honor Roll

Katya Lewis
Oliver Lupa
Jaime Manglona
Tjalf Mareschka
Tanner Marsh
Mariana Mesa
Robert Miska
Sarah Naillon
Devin Propst
Cheyenne Proctor
Travis Reynolds
Dezserae Rigdon
Jonathan Romine
David Schneider
Ty Spencer
Caleb Stivers
Logan Street
Tarix Sullivan
Josalyn Van Gundy
Alexandra Villanueva
Imoni Wallace
Beau Timmons
Jesse Timmons
Briana Townsend
Kasey West
Mariah White
Alexandrea Whitmore

Vilseck Elementary

Principal’s Honor Roll

4th Grade
Sarah Ayoad
Janet Breckenridge
Hannah Cavazos
Josh Ciacchella
Michael Clearwater
Vanessa Cruz
Andrew Dougherty
Benjamin Dye
Kiara Evans
Ian Fox
Akimi Geck
Kailey Griffin
Erick Johnson
Mirielle Ragay
Aaron Williams

5th Grade

Nathaniel Bajakian

Joshua Breckenridge
Timothy Cantway II
Ethan DuWors
Isabelle Ellsworth
Brenna Krueger
Tierra Mendoza
Crystal Morris
Ariana Topasna
Ashna Singh
Carlos Valarezo

High Honor Roll

4th Grade

Jovane Colon
Emily Leau
Maranie Medina
Corbin Powell
Mireille Ritter
Victoria Roberts
John Roehrman
Alex Salgado
Austin Soika
Lamardia Utupo
Katelyn Watson

5th Grade

Candyce Addison
Joseph Barker
Armando Barkley
Adam Beck
Dylan Cruz
Brandon Hayes
Amanda Headley
Dominique Hogan
Heaven Moten
Maryah Padilla
Hannah Petersen
John Villar

Honor Roll

4th Grade

Jessalynne Anderson
Alonzo Arguello
Faith Blangger
Jacob Brown
Summer Brown
Maks Cella
Ihyanna Cruz
Kalei Ehmer
Bryan Griffin
Haeden Hoffman
Jonathan Hogsten

Esperanza Rodriguez-Huerta
Ayanna Kimble
Jarod Kuhfahl
Braeden Lansdell
Lilian Trevino
Alissa Sanchez
Jabri Stevens
Dominique Walton
Tanea Wilson
Tania Wilson

5th Grade

Malachi Alston
Savannah Anys
Kyera Black
Keon Cella
Precious Coleman
Austin Creel
Jaylen Garland
Katie Mayou
Matthew Narinesingh
Alex Rodriguez
Jordain Russell
Mayra Pazos
Alexandros Stachoulas
Noah Thronson
Torrie Thomas
Quade Vach
Brett Wilkes
Brian Wilkes
Michael Zschach

Vilseck High School

A Honor Roll

Dominique Anderson
Emma Andrews
Payton Bodecker
Kelsey Brewster
Sarah Carriker
Malia Carson
Katherine Cooper
Daniel Dailo
Rachel Dunlap
Althea Dunn
Quinton Edwards
Darren Eldredge
Tyler Hall
Geoffrey Hammel
Kimberly Hargrave
Brendan Higginbottom
Aaron Hogg
Bryan Hogg

Sarah Huestis
Benjamin Huff
Victoria Inman
Jessica Kay
John Lee
Franjo Lukezic
Amy Maitner
Alexander Mills
Christopher Nelson
Carolyn Pippin
Stephanie Powers
Christine Rodriguez
Leonard Rodriguez
Rochelle Schadeegg
Ivan Speights
Alexandria Strube
Erin Toohey
Jessenia Villalobos
Maxianne Villalon
Heather Wilding
David Wood
John Wood

A-B Honor Roll

Alyssa Ackerman
Kimberlee Akuna
Luis Alvarez
Martin Anderson
Toni Anderson
Ravonna Bailey
Jermaine Barkley
Yesenia Barkley
Keilani Barrineau
Gabor Barta
Leah Beilhart
Crystal Belcher
James Blackburn
Tyler Boothe
Laura Brunnelson
Kelsi Brunson
Kaitlyn Callaghan McCann
Michaela Callaghan McCann
Rachel Castleberry
Georgianna Castro
Tyler Cepeda
Christy Chanin
Lindsey Comer
Kayla Cook
Dustin Cooklin
Jared Cooper
Jamie Corbin
Miguel Cordero Guzman

Madelyn Dahm
Lauren Dailey
Myles Davis
Anthony De La Cruz
Bethany Degollado
Jonathan Delgado Lopez
Jordan Dinger
Dylan Driscoll
Anna Duenas
Benita Ewen
Shanice Felton
Erin Ford
Chelsea Gloger
Matthew Gloger
Shaina Gowin
Dane Gray
LaTonya Greene
Christian Griffith
JanisLouie Gueco
Baily Hager
Taylor Hall
Marvin Harris
Noah Hartley
James Hartz
Nancy Hendrix
Lizaida Hernandez
Calvin Hickman
Kyle Hightower
Phadre Hocker
Amber Holland
Tabitha Holzhauser
Shralondra Howard
Alexandra Huestis
Kevin Huestis
Camilla Huettner
Jamario Hughes
Nikki Ignaco
Rebecca Inman
Michael Johnson
Patricia Johnson
Samantha Johnston
Victoria Kander
Janine Kellum
Zane Kennedy
Colleen Kiechler
Madeline Knudsvig
Chris Kolosky
Ashley LeBel
Jordan LeBouef
Uriel Lee
Stephanie Leitold
Christian Leming

Darien Leonards Gabriella
Lianas Dominic Lonowski
Alexandrea Lopez
Kyla Majors
Kayla Manus
Chadwick Marchman
Charles Martinez-Irizarry
Shayla Martinez-Irizarry
Lauren McClafin
Deraj’ McClinton
Rebecca McNeill
Pablo Merel
Michael Mineni
Melissa Morris
Victoria Murchison
Chelsea Murdock
Anna Muzzy
Nichole Nakata
Meredith Nance
Michael Naterlin
Maximillian Neuser
Jimmy Nguyen
Kerwin Octavo
Kyle Octavo
Gabriela Orta
Adriane Paminiano
Alex Pannullo
Sarah Parker
Ryan Parr
Caleb Petersen
Mark Petersen
Robert Pettitt
India Pinkey
Rebekah Prater
Danny Quitano Johnson
Dylen Raastad
Michelle Ragay
Angelica Rago
Gabriella Rago
Collins Ramer
Victor Ramos
Jeannie Redden
Laura Reid
Nathaniel Reine-Martin
Daniel Reynolds
Jason Roberts
Lisa-Marie Roberts
Elizabeth Rodriguez
Esscencia Rodriguez
Rosemarie Rodriguez
Stephanie Rodriguez
Marcella RodriguezArgueta
Johanna Rosado

Chasity Royal
Gabriel Ruiz
Shanice Sadler
Benicia Salas
Sarah Schaffer
Olivia Schane
Breanna Schmolli
Xanthus Schneider
Danica Schobin
Rain Shank
Joseph Signorello
Deepika Singh
BriAnn Smith
Bryan Smith
Dominique Smith
Mariah Stjohn
Taylor Stark
Nichole Suchy
Adriana Sued
Christian Swann
Virgilia Tanner
Dennis Thomas
Sage Thornbrugh
Janel Thornton
Cathleen Trevino
Tekeha Turner
Coger Sean Untiet
Sarah Utke
Calvin VanPatten
Kiana Verts
Danielle Villali
Benjamin Villalon
Jose Villanueva
Damon Watson
Leah Watson
Brandi Watts
Darius Whitehead
Sharmil Whyatt
Shawn Wilding
Daniel Williams
Courtney Willis
Delia Wilson
Sabrina Wischnewski
Valerie Witzel
Darcey Woodall
Brandy Woodson
Julian Yates
Andrew Zdeb
Amanda Zumwalt